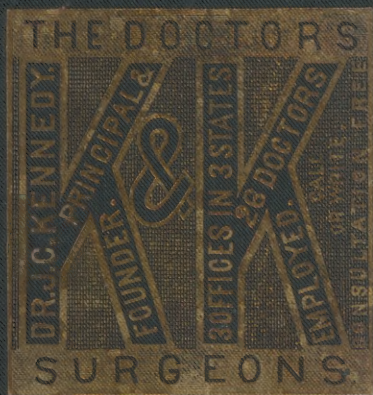


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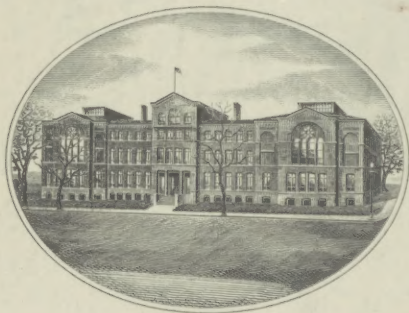


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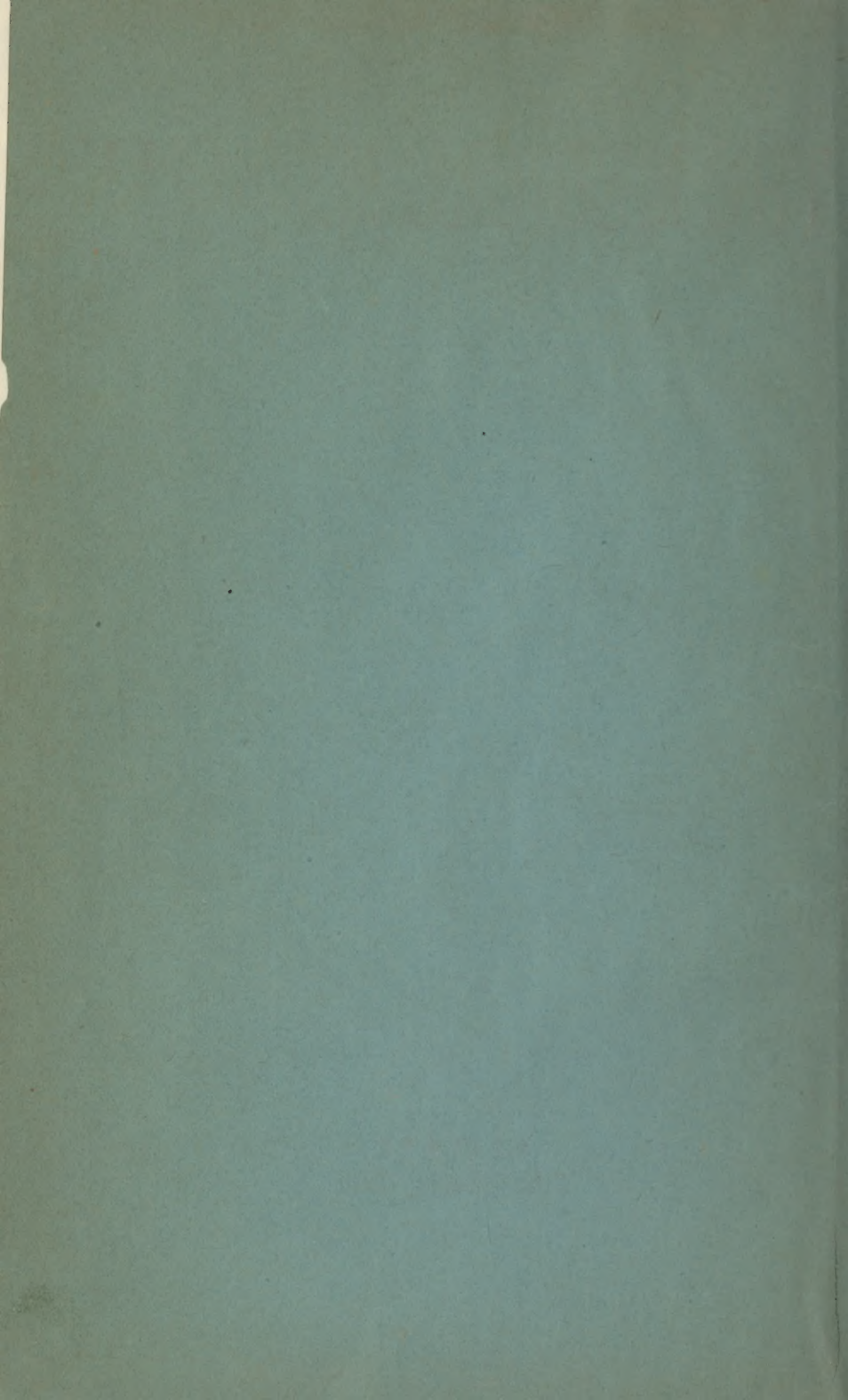
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NEW METHOD CURE.

THE MEDICAL MAGICIAN

PART I.

HOW TO PRESERVE HEALTH AND CURE DISEASE.

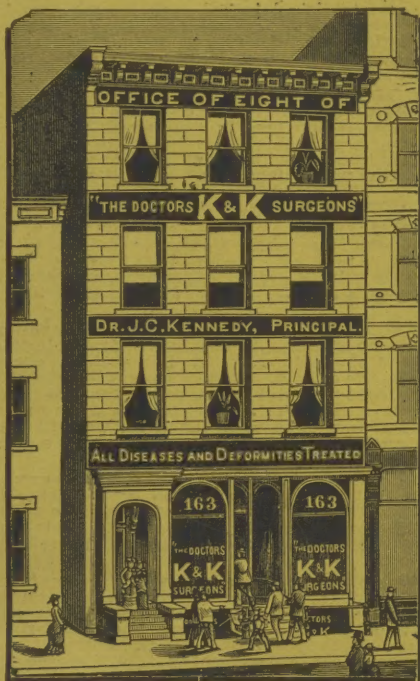
PUBLISHED BY PROF. J. C. KENNEDY, PRINCIPAL OF THE DRs. K & K SURGEONS, ORIGINATOR OF THE NEW METHOD CURE AND FOUNDER OF THE GREATEST MEDICAL AND SURGICAL ESTABLISHMENT IN THE WORLD.

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TO INVALIDS.

Remember that any doctor who is dishonest enough to steal our articles and publish them as his own, will steal your money and swindle or defraud you if you give him the opportunity. Do not put confidence in traveling doctors who have no permanent office or established reputation at stake. Such men have no object but to get your money and they will not even try to benefit you.



VALUABLE INFORMATION.

Read this book carefully, and if you know how to appreciate useful knowledge, we will guarantee that you will never regret the time spent in its perusal. It contains information of the highest value and importance to persons of every age, sex and condition in life, consisting of concise, practical treatises on all diseases with a copious enumeration of the various symptoms and numerous reports of cures, showing what conditions are amenable to scientific treatment; common-sense articles on diet, dress, exercise, bathing, ventilation, climate, etc.; instructions and prescriptions for the treatment of acute diseases at home; advice for all cases of accidents and emergencies; dissertations on the elements and the preparation of food, and, in fact, upon all subjects relating to the acquirement and preservation of health, the laws of physical being and the philosophy of life. Do not found your opinions on some other person's prejudices, but read and judge for yourself.

THE NEW METHOD CURE ESTABLISHMENT.

DETROIT OFFICE:
HALL'S BLOCK.

**163 ELM ST.,
CINCINNATI, OHIO.**

LOUISVILLE OFFICE:
631 FOURTH AVENUE.

TWENTY-SIX DOCTORS CONSTANTLY EMPLOYED.

All Letters Should be Addressed to Dr. J. C. Kennedy, or The Drs. K & K Surgeons, 163 Elm Street, Cincinnati, Ohio. Enclose Stamp for Reply.

THE ADVANTAGES OF OUR NEW METHOD CURE.

PERMANENT SUCCESS. Our New Method Cure is the outgrowth of a long and extensive practice, and embodies the results of many years of patient research, diligent labor and untiring perseverance. Our business has not sprung into existence like a mushroom growth, but has developed gradually with uninterrupted progress until it is now the greatest of its kind on the earth. The uniform success which has attended our efforts during the past ten years, has placed our establishment on a permanent and independent basis. During that time we have seen hundreds of rivals rush into the field, attempt to imitate our methods and ignominiously fail. They failed because they did not know the secret of our success, for if they had known it they would not have attempted so great an undertaking with so little means and small ability. These men have attempted to imitate us without ever computing (and in fact, without being able to compute) what our success has cost in time, money, experience, business and professional ability, study, labor and research. Dazzled by the success that has crowned our persevering efforts, they have entered the arena with great gusto, expecting to make fortunes and reputations in a few months. But we have seen them collapse one after another until there is only one left that is worthy of the name of a rival, and that is run as a side show in connection with a patent medicine establishment. There are petty swindlers skirmishing about in all parts of the country, and we warn the afflicted to beware of them. Do not trust any doctor unless he has a reputation at stake—a reputation based upon practical and permanent success.

OUR OFFICES. Our Detroit office was established in 1878, and is located opposite the City Hall, corner of Griswold St. and Michigan Ave. It is well known to invalids throughout all parts of North America. Our Cincinnati office, located at 163 Elm St., was established in 1881, and has attracted more attention and excited more wide-spread comment than any other institution, public or private, founded in this city during the past decade. Our Louisville office was established in 1883, at 631 Fourth Ave., and has attained a great reputation throughout the entire south. Each office has its own faculty of skilled and experienced medical and surgical specialists; fully equipped with complete outfits of surgical instruments, apparatus and appliances, and an extensive dispensary, supplied with the best, purest and the most efficient new remedies.

THE MEDICAL MAGICIAN. We have chosen this name for our book because many of the cures accomplished by our New Method treatment are so marvelous as to appear almost miraculous to people who have been taught to look upon certain diseases as incurable. We have no patience with those who pretend to cure by any kind of magic or superstitious influence. All human achievements that are really wonderful, and apparently approach nearest to the miraculous, are the results of scientific study and persevering labor.

CONSULTATIONS in person or by letter are free, and all afflicted persons are cordially invited to call or write. Investigate and decide for yourselves; you will not be urged or persuaded to take treatment. Many chronic invalids consult us without taking treatment at the time, and it costs them nothing. We are always pleased to see such persons or to hear from them, for we thus gain additional experience, and we know that the majority of them, after they have experimented for a while with other doctors, will come back to us to be cured.

EXAMINATIONS AND ADVICE. There are many invalids who do not desire to take treatment, but do desire a thorough examination, reliable diagnosis and advice as to diet, climate, hygiene and the habits of life. For such an examination and advice we charge from two to twenty-five dollars, where treatment is not desired. No charge is made for examinations and advice to those taking treatment, and no charge is made for consultation or an ordinary examination. Tell us what you want and we will tell you what it will cost you, and then if we cannot agree on the price, we will treat you courteously and in either case will give an honest and candid opinion and thank you for giving us an opportunity to make your acquaintance.

NAMES SECRET. We never publish reports of patients cured, or refer to our patients by name, unless we have their written permission or request to do so. We use plain envelopes in corresponding with our patients. When we ship remedies by mail or express, there is no mark on the box or package, indicating what it contains, or from whom it comes, and no names are printed on labels or directions. Therefore any lady or gentleman can consult us in confidence.

TESTIMONIALS. We seldom publish letters or statements from our patients in the form of testimonials, certificates or recommendations to prove our claims, though we have plenty of such letters and statements in our files. We prefer to publish reports of cures that we have effected, giving the symptoms, history and peculiarities of each case, in order to show what diseases are curable by the New Method treatment, and to enable our invalid readers to better understand the significance of their own symptoms.

YOUR FAMILY DOCTOR or your doctor friend will never know through us that you ever applied to us for treatment. We often wonder why so many doctors play "the dog in the manger." They cannot cure you and they do all they can to keep you from applying to us; is it not because they know we do cure? Do not allow the foolish prejudices of any "pathy" doctor to stand in your way when health is at stake.

TO OUR OLD PATIENTS. We are always pleased to hear from those who have been under our professional care, and all letters from patients, whether asking for advice, ordering further treatment or merely reporting their present state of health, always receive careful attention and are promptly answered. We therefore request each and every one of our old patients who receive this book to report to us by letter if they cannot call to see us personally. We have a deep and abiding interest in every case, and whatever you have to say to us will be most attentively considered. We have prepared this book with great care, and have spared no expense to make it valuable to invalids in search of health, and also to those who desire to preserve health by a proper observance of nature's laws. In addition to comprehensive and practical treatises, explaining the nature, symptoms, causes and cure of all diseases, it embraces interesting and instructive articles on all subjects relating to the acquirement and preservation of health, the laws of physical being, the philosophy of life, etc. The matter it contains is of great interest, value and importance to every family and to every person, whether sick or well. Read carefully and preserve it for reference. You may find it valuable at some future time, even though you should not appreciate its merits at present.



Respectfully yours.
J. C. Kennedy M.D.

THE MEDICAL MAGICIAN PART I

OR HOW TO PRESERVE HEALTH AND CURE DISEASE.

AN EXPOSITION OF THE PROGRESS OF MEDICAL KNOWLEDGE
AS EXEMPLIFIED IN THE SUCCESSFUL TREATMENT
OF OBSTINATE AND LONG-STANDING
MALADIES BY

THE NEW METHOD CURE

INCLUDING PRACTICAL TREATISES ON ALL CHRONIC DISEASES
AND DEFORMITIES, WRITTEN IN PLAIN LANGUAGE AND
WITHOUT THE USE OF TECHNICAL TERMS;

*INSTRUCTIONS, FORMULAS AND PRESCRIPTIONS FOR THE
HOME TREATMENT OF ACUTE DISEASES, EMBODY-
ING THE MEANS AND REMEDIES OF
ALL MEDICAL SCHOOLS;*

RULES AND ADVICE TO BE OBSERVED IN CASES OF ACCIDENT AND
EMERGENCY—ANTIDOTES FOR POISONS, ETC.—HOW
TO PREVENT ACCIDENTS;

Scientific Articles on Hygiene and all Subjects Relating to the Laws of Nature, in
Their Bearing Upon the Development and Preservation of Physical Vigor;

NURSING AND CARE OF THE SICK—THE CULINARY ART AS IT PERTAINS TO
THE PREPARATION OF FOOD, IN PALATABLE AND DIGESTIBLE
FORMS FOR THE NOURISHMENT OF INVALIDS
AND CONVALESCENTS;

EDUCATION, AND THE RELATIONS OF MENTAL, MORAL AND PHYSICAL
CULTURE TO HEALTH AND HAPPINESS.

BY PROF. J. C. KENNEDY, M. D.

PRINCIPAL OF THE DRS. K & K SURGEONS, ORIGINATOR OF THE NEW METHOD CURE AND
FOUNDER OF THE DRS. K & K MEDICAL AND SURGICAL ESTABLISHMENT.

Dr. JOHN ROBERTSON, Editor.

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CINCINNATI,
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LOUISVILLE,
631 4TH AVE.

1887.

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TREATMENT TO CURE.

How to Obtain it. Our Plan of Treatment by Correspondence and Its Advantages.

For further details in regard to treatment and the New Method Cure, see pages 193-200.

The successful treatment of chronic diseases requires special skill, experience and facilities which general practitioners cannot be expected to possess, consequently thousands of invalids are under the necessity of seeking professional aid in places far distant from their homes. Many are unable, either physically or financially, to take a long journey, and so must either secure treatment by correspondence or continue to suffer. For this reason we have devoted much time and study to perfecting a system by which we can treat chronic invalids successfully at their own homes. After many years of unparalleled success in this line of practice, we are able to announce that our New Method system of treatment is perfect in this respect, and we invite all afflicted persons to correspond with us before assuming the risks and expense of a long journey.

WHAT WE HAVE DONE.

Thousands of persons have been treated and cured by our New Method treatment, sent by mail and express, and though it may appear strange to some, we treat patients in New York, Philadelphia, Boston, Baltimore, San Francisco and in every large city in the United States and Canada. In fact, our best paying patients are the wealthy people of the large cities, living next door to the medical colleges and hospitals, who, having exhausted the skill of distinguished professors, apply to us, either in person or by letter, to get cured. The wealthy and wise understand the value of our treatment, and we often regret that the poor and ignorant are sometimes so simple as to allow some prejudiced person to dissuade them from applying to us.

WHAT WE CAN DO.

We do not claim that we can treat all patients by correspondence, but we know that with our knowledge, experience and facilities, we can cure a large proportion of all cases of chronic disease without personal consultation, and if you will write to us and carefully answer such questions as we may ask, we will tell you candidly whether we can treat you by mail and express or not. In following out our investigations as to the best measures that can be adopted for the cure of disease, we have found that most of the ailments to which the human system is subject, follow a definite law in regard to the constitution, which, when once understood, enables an experienced physician to treat the case as successfully without seeing the patient as by personal interview and examination. Without entering into an explanation of those recondite principles which form the basis of this law, it is only necessary to know that certain peculiarities of temperament and constitution are especially favorable to the development of particular diseases, while they present an almost insuperable barrier against others. Persons of a particular build, complexion and temperament, will not only be liable to certain classes of disease, but they will be affected by them in a particular way. The treatment of disease by correspondence has a great many advantages over the ordinary method. Frequently the symptoms from which a person is suffering may be stated even better in writing than by interview. In the latter case personal consultation is hurried, the patient agitated and nervous, and the general symptoms of the disease affected or aggravated by excitement, consequent upon examination; while,

by correspondence, the patient sits at his leisure and pens whatever may occur to his mind. Again, patients will often give their assent when questioned by a physician, and thus lead the examiner astray (especially the inexperienced), by giving undue prominence to the less important symptoms. When the person writes, the most prominent symptoms are first mentioned, and thus the physician obtains a correct history of the case.

HOW TO WRITE.

In writing to us for an opinion in regard to your case, first state your age, sex, height, weight, temperament, occupation and whether married or single. (If you do not understand how to describe temperaments, give your complexion and color of eyes and hair). Then state what you know of the nature of your disease and the length of time you have had it. Describe your symptoms in your own language, just as you experience them. If you wish any aid in describing your condition, study the articles in this book on the disease with which you suffer, and notice carefully the symptoms described therein, especially in the reports of cures. When we receive your statement we will examine it carefully, and give you our candid opinion in regard to the curability of the case, and as to whether a personal examination will be necessary or not. If the description is not complete enough to be satisfactory, we will send you a question blank or ask special questions to draw out any important particulars you may have omitted. Having obtained the facts in regard to your temperament, symptoms, etc., we can determine the character and tendency of your disease and can furnish successful treatment, if your case is one that can be treated by correspondence. Write your name and address plainly. All letters containing a two-cent stamp for reply will receive prompt attention. When you order treatment the remedies will be carefully prepared, packed and forwarded by express, in a plain box, with no marks or brands to show where it is from or what it contains. All correspondence should be addressed to Dr. J. C. Kennedy or The Drs. K & K Surgeons, 163 Elm Street, Cincinnati, O.

REPORTS OF CURES.

In addition to the instructive articles and treatises on all the important maladies to which the human frame is subject, this book contains a large number of reports of cases cured, covering almost every imaginable form and complication of chronic disease. These reports are from cases treated in our extensive practice during the past ten years, but they are not published as *testimonials* or *certificates*. We do not care to treat those who have not confidence enough in the well-known character, extent and success of our work to take our remedies and trust our skill without written testimonials to convince them. We publish these reports for the instruction of our readers, to show them what forms of disease are curable and to aid invalids in locating their diseases and describing their symptoms.

IN CONFIDENCE.

We preserve the most inviolable secrecy in regard to all letters received from patients and from invalids who write inquiring about treatment. We never publish the names of patients whom we have cured, without their consent, and we never tell one patient the names of other patients, or of other applicants for treatment. All persons can therefore consult us in strict confidence. In correspondence with patients we use plain envelopes, and, if you prefer, in writing to us you may leave off the title "Dr." and simply address, J. C. Kennedy, Cincinnati, O.

THE PROGRESS OF MEDICAL KNOWLEDGE.

IS THE PRACTICE OF MEDICINE A SCIENCE, A THEORY OR AN EXPERIMENT? THE PAST, PRESENT AND FUTURE OF THE PROFESSION, CONSIDERED FROM A PRACTICAL STAND-POINT IN THE LIGHT OF REASON, HISTORY AND ANALOGY.

To a logical observer of the conditions of human life it would appear that no art or science could offer higher inducements for study and investigation, or richer rewards for discovery and progress, than those which are held up for advancement in medical skill. Before the medical profession, the world has stood in expectant attitude for ages, looking for something to mitigate the inexorable thralldom of disease and death. Health is the great desideratum, and while men may lose sight of its importance at times, they are finally compelled to acknowledge that every other advantage is incomplete and unsatisfactory without it. Life is made up of innumerable desires and ambitions which are pursued with varying ardor and perseverance, but when health is endangered and dissolution seems to be approaching, the services of the skillful physician must be valued above every other consideration. The millionaire, when attacked with a dangerous disease, would gladly exchange some of his worldly possessions for a short lease of life; or, if he is worn out and broken down in health, by too ambitious a struggle after riches, he would gladly share his fortune with any one who could restore him to that peace and contentment, which can only be enjoyed by a sound mind in a sound body. Whoever, therefore, makes a practical discovery in medicine, something that will prolong life or cure diseases that have previously baffled human skill, is not only a benefactor to mankind, but he possesses knowledge and ability that will bring him fame and fortune as soon as he can convince the world that he has made such a discovery. It is but just that such a man should be remunerated for his labor and research, and the wants and necessities resulting from the diseases to which humanity is subject compel the just reward and recognition of his genius, even from those whose avarice would otherwise withhold it.

We can therefore, readily conclude, that next to the normal wants and necessities, of our physical nature, sickness and bodily pains, in all probability, first called into exercise the ingenuity of man for the purpose of devising means and remedies to counteract and overcome those abnormal conditions which we designate as disease, and to which all flesh has been subject in every age. We can thus imagine the practice of medicine to be one of the oldest professions in which men have engaged. Considering this fact and the afore-mentioned incentives to study and advancement in the healing art, we

are forcibly impressed with the idea that there is a great mistake somewhere that needs to be corrected and that accounts for the slow progress that has been made in this science during the period of authentic history.

We have good reason to believe that even in those remote ages where history is lost in shadowy traditions, the professions of medicine and surgery were followed with almost as great practical success as in modern times. From the fragmentary history of ancient Egypt, we learn that the art of healing was practiced with no small degree of skill in the days when the land of the Nile was the center of civilization. The priests and followers of Isis and Osiris, while they may not have had such elegant and elaborate theories on the subject as the practitioners of the present age, were well schooled in the laboratories of nature and no doubt made successful use of their knowledge of drugs in curing disease; their skill in the art of embalming, is to say the least, a good ground for such a belief, for it far excelled anything that modern science has been able to accomplish in the same direction. We learn also from the poems of Homer that both medicine and surgery occupied a high place among the learned professions in ancient Greece, at least four hundred years before the advent of Hippocrates, who has been called the "Father of medicine." When the Greeks set out to the war against Troy, they had among them skilled professors of both medicine and surgery. Podalirius, a physician and Machaon, a surgeon, were among the great leaders of the army and had command of a fleet, as we read in the catalogue of the ships:

"And thirty sail the sparkling waves divide
Which Podalirius and Machaon guide,
To these his skill the parent god imparts,
Divine professors of the healing arts."

Later on during the siege we find their services were called into requisition, as in the order of Agamemnon when Menelaus was wounded by Pandarus:

"Now seek some skillful hand whose powerful art,
May reach the effusion and extract the dart,
Herald, be swift, and bid Machaon bring
His speedy succor to the Spartan King."

It is further evident from the Homeric poems that these ancient doctors were familiar with the human anatomy and well versed in the functions of the various organs. They had a systematic nomenclature of the parts which was substantially the same as that used long after in the writings of Hippocrates. Nor were they deficient in their knowledge of instruments and mechanical appliances. How far they were behind the moderns in this respect we cannot definitely know, but it is evident that for several centuries previous to the Christian era, many instruments and appliances were in use which were almost identical in construction with those used for the same purposes at the present time. As an illustration we call attention to the uterine speculum, which in our own day has been lauded all over the civilized world as a modern

invention. Specimens of this instrument showing the highest state of mechanical perfection have been found in the ruins of Pompeii—a conclusive proof that the ancients had long been familiar with its use, and further, that they were experienced in gynecological practice, which many physicians believe to be of recent development as a distinctive branch of medical science. We also learn from authentic history that this same instrument was used by Soranus, who practiced medicine in the ancient city of Ephesus in the second century, and who was recognized as one of the skilled physicians of that period.

From these facts we see the absurdity of the claims of wonderful progress, set forth by many of the medical writers of our day. For want of better agents the regular medical profession is making use of remedies that have been continuous failures in the purposes for which they are applied, for centuries, and as we have already shown many of their so-called new discoveries are only ancient failures resuscitated from the ruins of the past. It is true that valuable discoveries have been made, but they are so rare that the benefits arising from them hardly seem to balance the evils resulting from medical blunders. If it were otherwise, there should certainly be either less sickness and disease or the average length of life would be prolonged—a condition which according to statistics does not seem to exist to any appreciable extent. Another proof of the inefficiency of the boasted knowledge of the medical profession is found in the fact that barbarous people with their rude forms of treatment are apparently as healthy and long lived as those who live in the height of civilization and enjoy the skill and experience of the most eminent doctors of this age. Although savages often suffer and die from diseases that a skillful physician could easily cure, it is still a question whether the want of doctors is a misfortune, because simple fare, out-door life and the absence of drugs and medicine give immunity from many diseases to which civilized people are subject.

All this proves conclusively that there is something radically wrong with the practice of medicine as it has existed for ages past. The world of to-day is a world of progress. In all departments of learning, labor and art, "Onward" is the cry. Why then should a science that involves the most important interests of humanity remain at a stand-still while the world is rapidly moving forward in every other direction under the impulses of "an age on ages telling,—a grand and awful time?" After a careful and candid investigation of the whole field there can be but one answer to this question. The slow progress of medical science is the fault of the medical profession itself, and the natural consequence of the prejudices and erroneous principles it has fostered for the last twenty-five hundred years.

The written history of medicine dates from Hippocrates, who flourished in the fifth cent-

ury, B. C., the grandest epoch of the ancient world, the age of Pericles, Socrates, Plato Herodotus, Thucydides, Æschylus, Sophocles, Euripides and other names that shed luster upon classic Greece in the fields of statesmanship, literature, science and art. Hippocrates was as great as the age in which he lived. A deep student and keen observer, he followed the combined teachings of reason, observation and experience, and was consequently, a successful practitioner as well as a great teacher. He founded the first schools of medicine that history records, reduced the knowledge of medicine to a written science and left a valuable heritage of learning to many enthusiastic disciples. However, after his death, his followers soon lost the practical value of his teachings by running to extremes with speculative and metaphysical theories. This gave rise to the school of dogmatics or rationalists, whose philosophy has stood in the way of progress ever since, and which with slight modifications, maintains its ascendancy even in this progressive age.

The extremes to which the dogmatists carried their opinions after the death of Hippocrates, soon gave rise to an opposing sect called empirics, who ran to the other extreme, though hardly to so dangerous an extent. The first vigorous conflict between these opposing systems appears to have arisen about the year 290 B. C., when the seat of learning had been transferred to Alexandria. Since that time almost innumerable systems of medicine have sprung up, but they can nearly all be justly classified under the two original divisions. The distinction between rationalism and empiricism has always been kept up and has constituted the ground of the most bitter opposition between medical sects. In our day the rationalists are so much in the ascendancy that the term "empiric" is generally applied as the contemptuous synonym of ignorance and bombastic self-conceit; simply because the persons who so use it are ignorant themselves and do not know the meaning of the word or the manner of its origin.

In the schools of Alexandria the rationalists had their first leader in Herophilus. They based their whole system of treatment on the study of anatomy and physiology, all diseases being treated according to certain theories. The empirics were led by Erasistratus, who held experience to be the only guide for a physician's practice. His followers rejected anatomy and physiology, and held that there are only three sources of knowledge for diagnosis, prognosis and treatment, viz: experience, history and judgment by analogy. These two original schools, the dogmatists and the empirics, represent the entire general ground of difference between all the schools of medicine in ancient and modern times. The intelligent reader will see without the force of argument, that they were both at fault in their philosophy; but the practical man who is imbued with the progressive spirit of this age will also see that notwithstanding the

short-comings of the empirics, their principles were less inimical to progress than the theories of the dogmatists. We therefore propose to show that the dogmatists, or rationalists, as they now call themselves, who claim to be the exclusive guardians of all medical knowledge that is worth possessing, are responsible for retarding the progress of medical science in the past and for its unsatisfactory state at the present time.

The study of anatomy and physiology is of great advantage and even necessity to the successful physician, and has done much towards revealing the nature and necessities of the human frame; yet the fact remains that the *theory* of medicine is, to a great extent, speculative and unsatisfactory. The mistake of the dogmatists in medicine has been the same as that of their counterparts in other branches of study that involve theories not capable of absolute demonstration—the mistake of assuming certain conclusions to be facts, when they are only the deductions of hypothetical processes of reason, the mistake of placing the evolutions of theory before the obvious facts of experience. As a natural result we find that the empirics have always met with greater practical success than the rationalists, even where they have entirely rejected what is most useful in anatomy and physiology and relied wholly on experience. In the schools of Alexandria the followers of Erasistratus who depended on experience, were more successful than the dogmatic disciples of Herophilus, who pursued the study of anatomy and physiology and the speculative theories of disease. In the later ages we find the same principle holds good of Paracelsus and his followers as opposed to the more learned doctors of the same period. Paracelsus was comparatively ignorant in many respects and has been termed the “arch quack” by his bitter opponents, yet he followed the teachings of experience and observation and met with a success in the practice of medicine, which aggravated his “regular” contemporaries to the climax of jealous rage. We might quote hundreds of other instances to show that the most elegant and elaborate theories, though seemingly plausible and based upon the most profound study, have failed, where the rough, practical teachings of experience have proved successful. But it is not necessary to add illustrations. Every unprejudiced observer knows that in our own times, comparatively ignorant men, who are termed quacks, and heaped with all manner of contempt by the ethical profession, often succeed in curing cases which have baffled the more pretentious exponents of medical science. Many persons who are reluctantly forced to admit this fact, cannot understand why it should be so; but the reason is not hard to discover when we apply ourselves to the question without prejudice.

Notwithstanding all that science has been able to reveal in regard to the living organism there are many things connected therewith that must ever remain hidden. The mysterious processes and phenomena of life

are unknown and unknowable. Consequently no theoretical course of reason in regard to the cause and cure of a disease can be followed to a definite and unerring conclusion. The mathematician may follow an intricate process of analysis and reason to a positive result; the astronomer may calculate forward through the long vista of future years, and with unerring precision, foretell the exact moment when certain astronomical events will occur, because the motions of the heavenly bodies are governed by certain laws, which though inexplicable and incomprehensible to the human intellect, are still evident to human reason and susceptible of undoubted proof. But the physician with all his knowledge of physiology and anatomy, cannot predict what changes will take place in his patient's organism an hour hence; some subtle, unknown and incomprehensible cause, may overthrow all his calculations. His science is only partially based upon discoverable laws; it deals with principles so obscure, and withal so complicated that even if they were obvious to his intellect, his mind would not be able to follow their intricate labyrinths. Empiricism taken with its worst faults, is more positive. Facts gained by observation, even if the principles that underlie them are not understood, are more valuable than uncertain theories based on the most elegant system of reason. When a patient is suffering the tortures of disease, it is not of so much consequence for him to know the causes which led to his condition, or the exact processes of the proposed means of cure, as it is to be assured that the remedies are effectual. If a doctor knows by observation and experience that a specified course of treatment will cure a certain disease, under given circumstances of constitution, surroundings and history, and treats his patients on the basis of such knowledge, that doctor will always be more successful and worthy of confidence than the one who bases his system of treatment on the conclusions of any speculative process of reason, no matter how logical or scientific it may appear, or how largely it may be founded on a careful study of physiology and the therapeutic action of remedies. Facts are more to be relied on than any theory, however scientific and indisputable it may seem; and when a pseudo-scientific theory comes in conflict with obvious facts, it must be set aside, no matter how much it may have been cherished or how difficult it is to give it up.

Some will object, that according to this, the practice of medicine is not a science at all, but a system of blind hazards. Not so. While the *theory* of medicine is speculative and uncertain, the *true practice* of the healing art is a *science*, clearly demonstrated, absolute and reliable. Some may think this is a contradiction in terms; if so, it is because they do not properly understand the meaning of the terms, and like the dogmatists, confound science with theory. A mere theory, though it may be elaborated to the minutest details, and founded on the most

plausible logic, is not a science. Men in all ages have gone astray by according to such theories the name of science, and it is this mistake that has led to the belief that there is nothing certain or reliable about medical knowledge. Science is a systematized collection of facts, and when a general array of facts relating to any subject have been obtained and arranged in systematic order, so as to be available for use, such arrangement of knowledge constitutes a science. It makes no difference how the facts have been obtained, neither does it make any difference if there are incomprehensible laws underlying them. The farmer knows that the seeds which he sows and plants in his fields, will germinate, reproduce their like and yield a harvest for his labor. He also knows that if the ground is well tilled, watered and fertilized, the growth will be more luxuriant. But he knows all this by experience, not by theory. Is his knowledge any less reliable because he cannot understand the mysterious processes of nature by which the germ develops and appropriates its constituent elements from the earth, the air and the water? The whole science of agriculture and horticulture is based on experience and observation. The gardener cannot understand how one bush produces white roses, while another growing in the same soil, produces red; yet he knows it is so and can, with absolute confidence, contract to sell both white and red roses from the same garden.

Certain people do profess to explain or account for the various colors of plants and flowers, but the claim is only another proof of their ignorance. It is very easy to say (and it sounds very learned) that different plants absorb different kinds of pigment and thus produce different colors; but who among all these conceited philosophers can dissect a rose bush and discover any tangible reason why it should absorb a pigment different from that absorbed by another rose bush? Again imagine the discomfiture of these philosophers when they find kernels of corn of different colors, not only growing out of the same soil, but from one seed, on the same stalk and on the same ear! There are immutable laws of nature which determine the colors of the rose as well as guide the majestic sweep of suns, planets and constellations, but they are so occult and intangible in their operation that no matter how eagerly presumptuous man may pry into their secrets, he must ever turn away in disappointment; yet the practical florist is just as certain in regard to the color of the flower that a certain plant or shrub will produce as if he understood all of Nature's mysterious ways; and he is much more positive in his knowledge than the botanist who has spent his time studying the mere theories of vegetable life. So also the physician who has founded his methods on the firm basis of truth, as revealed by practical study, experience and observation, instead of on the ever-shifting foundations of speculative philosophy, is just as positive in regard to the effects of his treatment as if

he fully understood those recondite laws which underlie and govern all physiological and pathological conditions. Thus in medicine we may have a system of facts gained by observation and experience, which constitutes a positive and reliable science. These facts are just as valuable as if they were the deductions of abstract philosophy. If we know that a certain remedy will produce a certain effect and cure a certain disease under given conditions and circumstances, that knowledge is practically as valuable as if we could see and understand the secret processes by which the desired result is accomplished.

But the majority of our modern physicians belong to that bigoted class of people who set so high a value upon written and traditional *authority* that they cannot accept, or even investigate new discoveries with unprejudiced minds. These men claim to be scientists, but they are the very persons who have always most hindered the progress of true science. If their conclusions had been heeded, the greatest discoveries and inventions that distinguish our time from the cruder ages that are past, would have remained undeveloped. We would not have had ocean steamers because these philosophers argued, from what they claimed to be a scientific and authoritative standpoint, that a steamer could not carry enough coal to supply its furnaces while crossing the Atlantic; neither would we have had sub-marine cables for they argued that the laying of an ocean cable must be a scientific impossibility. Men who will not believe or accept anything that does not accord with their pet theories, have nearly lost their prestige in other departments of science, and the progressive world of to-day has but little use for them; but they still retain their hold and influence in the medical profession and hamper it with their ancient dogmas. We do not wish to be understood as decrying the *scientific* study of anatomy, physiology and other branches of learning that constitute an essential part of every successful physician's education; it is *theoretical* and dogmatic teaching that we condemn, the pernicious principle which comes down to us from the mediæval ages—placing mysticism, superstition and speculative theory in precedence of practical truth. We may deride the alchemists of another age for neglecting the practical uses of chemistry and wasting their time trying to produce an elixir of life and to develop other chimerical speculations, but how much better are the majority of the doctors of the present day? Like the visionary philosophers in the Academy of Lagado, they cling tenaciously to theories that have been continuous failures, and at the same time despise and persecute those who succeed by following the practical teachings of observation and experience. Their adhesion to theory will not allow them to accept a remedy unless the authority for its use can be found in the school of practice to which they belong; they have been taught by theory that cer-

tain diseases are incurable and therefore consider it quackery for any one to attempt to cure them; they make no discoveries of their own and will not accept those made by others till compelled by public opinion.

We therefore conclude that a dogmatic adhesion to theory on the part of the profession at large, is responsible for the unsatisfactory state of medical science in this age. The "pathy" doctors of all schools are governed by what they term "competent authority." This authority consists mainly, of the writings of medical men who for the most part are failures as practitioners and who write principally for the purpose of advertising themselves in an æsthetic way. Their books are made up largely of mere theories and statements without any positive evidence to sustain them, theories which in fact are often directly opposed to positive evidence. They elaborate systems of practice, which, instead of being based on practical success, reason, observation and history are more frequently the outgrowth of speculative philosophy, and are published because the authors have nothing better to offer.

No matter how unsuccessful a doctor may be, the medical societies will sustain him as long as he practices according to the "ethical" and theoretical teachings of his school, and if he kills a patient through his lack of practical knowledge, he is exonerated because "authority" sustains him. He quotes the medical books to show that the treatment which killed his patient is recommended therein, and it is considered heresy to question the competency of the men who wrote the books.

This spectacle of the "pathy" doctors following with implicit confidence, the teachings of unsuccessful men, who write merely for the purpose of getting out books and to advertise themselves, when they have no practical knowledge of the subjects on which they write, is the most conspicuous and painful example of the "blind leading the blind" that the present age affords, and the most melancholy feature about it is, that no matter how often they "fall into the ditch" they get up again covered with the slime of ancient dogmatism and go straight ahead with their eyes shut till they fall into another mire of ignominious failure.

It is plain that while such men dictate to medical societies and to the profession at large, there can be but little advancement in medical knowledge except as it is made under great difficulties, by independent, practical men. A glance at history shows us that all the important discoveries that have been made in medical science have been the work of men who were persecuted by the dogmatists and ostracized from the "regular" profession. Paracelsus, who made some of the most valuable discoveries and inaugurated a successful system of practice, was persecuted as the "arch quack" and finally thrown from a window and killed by the emissaries of jealous doctors; Jenner

was persecuted for a long time after he had successfully introduced vaccination and demonstrated its benefits; Harvey who discovered the circulation of the blood, suffered a like fate. His lodgings were raided and searched, his furniture seized, and valuable manuscripts and anatomical preparations which had cost him years of study and labor, and for which no amount of money could compensate, were ruthlessly destroyed—one of the most disgraceful acts of vandalism ever perpetrated. These with other like facts of history combine to show that nearly all medical men who have made genuine progress, have accomplished their success by leaving the beaten paths of dogmatism that have circumscribed the practice of the "rationalists" in every country and in every age. As the penalty for this heresy they have endured slander and persecution and their achievements have seldom been recognized till after the grave had sheltered them from further calumny, and a new generation appeared that could accept their teachings without the prejudice and jealousy engendered by personal opposition.

When doctors lay aside their ancient prejudices and begin to learn wisdom from the farmer, the mechanic, the tradesman and others who profit by practical experience—in whose vocations there is no room for dogmatism, mysticism or "pathies"—they will adopt successful methods and successful remedies without regard to "authority." Then the practice of medicine will rapidly advance towards its true position as a positive science.

MEDICAL LAWS.

ONE OF THE METHODS ADOPTED BY DOGMATIC DOCTORS TO PREVENT THE PROGRESS OF SCIENCE.

In the preceding article we have shown how a certain class of men have hung like an incubus on the medical profession to prevent its progress ever since the dawn of history. It is now in order to make some special reflections on the dog-in-the-manger policy of these same doctors in our own day. They do not make any progress themselves and will not allow any one else to push forward in advance of ancient theories if they can possibly prevent it by throwing obstacles in the way. Thus during late years one of their favorite methods has been the plan of inveigling state legislatures into passing unconstitutional medical laws, that discriminate in favor of one class and against another class. These laws always appear very plausible on the surface and are enacted ostensibly for the purpose of protecting the people against quacks, but in reality they are intended to foster medical monopolies and prevent progress. The bills are always manipulated by the men in whose interest they are introduced, and as soon as they become laws the monopoly doctors begin to use them, to compel the people to patronize the members of certain medical

societies, which maintain a combination price for medical services. In other words they use the law to drive all doctors out of the state or out of practice, no matter how well qualified they may be, who do not belong to their particular class. Having thus got rid of competition they fix a combination scale of prices for their services, which all patients, rich or poor must pay.

If the members of this monopoly combination were required to be competent physicians it would not be so bad for the people, but the truth is that it makes no difference how ignorant a doctor may be, so long as he adheres to the rules of the medical society he will be protected by it. The result of such a condition of things is not hard to foresee. Men do not strive to merit what they can get without merit, and when doctors can have laws passed compelling invalids to patronize them, they are not likely to exert themselves to deserve the confidence of the people. This effect is plainly seen in all states where such class legislation has been enacted. During the first seven years following the passage of the medical practice act of 1877 in Illinois, before the monopoly board of health that assumed the enforcement of the act began to be defeated in the courts, that state was overrun by doctors of the most ignorant class, and they were all protected because they obeyed the rules of the medical societies, while scientific and successful physicians were persecuted because they would neither sacrifice their independence or pay a bribe of \$100 a month to the secretary of the board. The ignorant and incompetent doctors who thus obtain practice by the perversion of law and the influence of medical societies are a constant menace to public safety. We submit two illustrations:

Case first. The ignorant secretary of the Illinois board of health sent a man to the pest-house and thus exposed him to the small-pox contagion when he had no symptoms of disease except eruptions brought out by the application of croton oil. If this patient had taken the small-pox and died the ignorant doctor who ordered him sent to the pest-house would have been responsible for his death, yet the medical society would have protected the murderer.

Case second. In the summer of 1883 a young lady student of a Cincinnati music school was taken with the most malignant form of small-pox. The attending physician pronounced it purpura hemorrhagica, and made no provisions for the safety of the other girls in the school. The patient died and her remains were sent to her parents at Robinson, Ill., under the supposition that she had died from a non-contagious disease. The casket was opened at the funeral, and small-pox spread through the whole community, causing a number of deaths. Another young lady also died at the music school from the terrible disease before her friends could reach her. Yet the ignorant doctors who were the immediate cause of

all these sad occurrences were shielded by the "regulars," who condoned their misfortune and wrote letters for the press offering silly arguments in extenuation of the crime.

If an independent physician who does not regard the rules of medical societies were to make such inexcusable and fatal blunders what anathemas would be hurled against him by the so-called "regular" doctors! His very life would be in danger of mob violence. We have always advocated stringent medical laws, but we believe in law to protect the people in their natural rights instead of protecting doctors in ignorance and crime. Since the year 1880, we have advocated in five great states, viz: Michigan, Ohio, Illinois, Missouri and New York, the enactment of a stringent medical law compelling every doctor to pass a rigid examination, before a competent and impartial board, before being allowed to practice. This is the only safe, sensible and efficient medical practice act that could be passed; but both the "pathy" doctors and the medical colleges have risen up in a solid phalanx against it. Why? Because the ordinary doctors know that only a small proportion of their number could pass the examination. They know that the independent and liberal physicians to whom they are most bitterly opposed would pass the examinations where the members of their own cliques and societies would fail through ignorance, and thus their last state would be worse than the first. In regard to the medical colleges; they are run to make money and the more doctors they turn out every year the more money they make, consequently they are opposed to any law that would expose the ignorance of their graduates and bar them from practice.

So long as a medical college is run by a corporation or an individual for pecuniary profit, the diplomas that it issues cannot be considered impartial evidence of knowledge and skill on the part of the holders. For this reason we oppose every law that recognizes and accepts as proof of qualification to practice, any diploma that a medical college has been paid for issuing.

It is therefore plain that while medical acts are often passed in good faith by the representatives of the people they are usually drawn up and "lobbied" through by a class of quacks whose educational attainments are in an inverse ratio to their own estimate of themselves. Educated and successful physicians are not found engaging in this kind of business. Skillful doctors do not need laws to put business in their hands, for their own merits and success bring them all they can do. The ignorant and incompetent doctors who have no practice and deserve none are the ones who are always clamoring for laws that will force the afflicted to patronize them. It is not strange then that medical legislation from its earliest history down to the present day has only served to emphasize the ignorance of the incompetent doctors and medical societies that have always been the advocates of such

laws. Almost invariably these doctors manage to smuggle into every such act some artfully drawn clause by which they expect to get a "corner" on the practice of medicine and be better able to swindle the afflicted.

Justice and the public welfare demand a law that will compel every doctor to stand on his own merits. If he injures or kills a patient by ignorance or carelessness let him be forever debarred from the practice of the profession and suffer the just penalty of the law. The most dangerous quacks are those who are shielded by medical societies that assume tyrannical prerogatives not only over the doctors but over the people, and it is against such that the public needs protection.

MEDICAL DELUSIONS.

HOW FRAUD AND SUPERSTITION ARE TOLERATED AND ENCOURAGED IN AN ENLIGHTENED AGE.

The enactment of such obnoxious laws as those referred to in the preceding article, has only been rendered possible by the great number of frauds and delusions, which, notwithstanding the boasted keenness of the American people, appear to flourish better here than in any other country. Invalids have been so victimized by magnetic healers, mind-curers and men who have patent nostrums, electric belts or other worthless articles to sell, that when a bill is introduced with the ostensible object of restricting this class of swindlers, the people often express themselves in favor of it without stopping to investigate. Thus laws are often passed by state legislatures on the supposition that they are to restrain a certain class of swindlers, when in reality they are operated to protect another class equally as bad.

But why is it that in this enlightened age, people will be led away by superstitious ideas in regard to the cure of disease, and allow themselves to be swindled by magnetic healers, mind-curers and others who pretend to restore health without the use of medicine? We answer that the doctors who howl the loudest against this state of things, are themselves responsible for it. The rancorous contentions of the different schools of medicine, and their ridiculous denunciation of each other, together with the continued failures of the so-called "regular" doctors to cure many common diseases, have given the healers without medicine, from the king down to the mountebank, a chance to urge the claims of superstition, because almost every one of these healers, no matter how ignorant he may be or how absurd his system, can point to some well-authenticated case that has been cured after the failure of medicine. Many diseases have their origin in nutritive derangement, which results in emaciation and often in additions to the body, in the shape of tumors and morbid growths; many others result from impeded circulation, torpidity of nervous action, etc. It is well known that food will not digest

thoroughly, or be assimilated when the mind is disturbed and troubled or under the influence of powerful emotions, consequently we know that many diseases originate in this way. It is not at all unreasonable to believe that diseases resulting from the above causes can be cured by the action of the mind. In fact we know that such diseases often have been cured by "faith." If the patient can be made to firmly believe that he will be cured by the touch of some person's hands or by a journey to some shrine, the action of the mind may have an instantaneous effect through the infusion of new life and energy into the nervous forces, and the cure may also be permanent. There is historical evidence to show that indolent scrofulous tumors and other signs of disease have disappeared under the touch of the kings of England, Scotland and France but the cures were effected by the action of the mind over the disease, and not by any virtue in the king. Real organic diseases cannot be cured by the action of the mind, though a certain amount of benefit may be derived. See article on the EMOTIONS, page 27. But the fact that many cases have been cured by faith after the failure of medicine, gives the faith and mind healers a chance to maintain public confidence by comparison.

We call faith, mind and magnetic healing, delusions, because the invalids who seek to be cured by such means are led to believe that the virtue is in the person who lays hands on them, or in the shrine to which they are required to take a journey, when, in reality the only factor that has any influence as a curative agent, is the action of their own minds. Consequently where one person is benefited, hundreds are disappointed, for only a comparatively few cases are susceptible to such influences. Yet, the partial success of these delusions should teach the "pathy" doctors that there is something yet for them to learn, and that they do not even hold all the keys to medical knowledge. It teaches that there are remedies and means of cure with which the "regulars" are altogether unacquainted, and fields of study which they have never explored, and which in fact, their dogmatic principles will not even allow them to investigate. The exclusive use of a certain class of remedies, or a certain form of routine treatment for all cases, is not scientific, and can never be a general success. In many diseased conditions the mind requires treatment as well as the body.

As we have argued in previous articles, the dogma of exclusive remedies and routine treatment, taught by the different medical schools, has been the great obstacle in the way of progress and success in the treatment of disease. The "regular" physicians of the past, bled, blistered, leached and salivated. Those of the present use morphine, quinine, cod-liver oil, rhubarb, iodide of potash, calomel and whiskey, while the blood-thirsty surgeons want to cut, carve and cauterize in every case. The surgeon who skillfully dresses wounds and injuries, makes neces-

sary amputations, removes tumors and corrects deformities, always adopting a conservative course and keeping on the safe side, is a public benefactor, but the majority of those who devote themselves to operative surgery, become ambitious to cut and carve. They do not get enough cases, in which cutting is actually necessary, to keep them busy, consequently they soon begin to operate in cases that could be cured much better without the knife. Every tumor, excrescence or morbid growth must be extirpated; every contraction and adhesion must be remedied by an operation; the glittering steel must pierce and explore everything resembling an abscess; bones must be scraped or removed in cases of caries or necrosis; eyes must be gouged out, palates and tonsils cut off, and in fact every deviation from correct physical proportions must be made an excuse for cutting, carving, chiseling or sawing. Hospitals and free clinics afford surgeons the opportunity of reveling in a saturnalia of blood and torture until they become reckless of human suffering, if not of human life. Thus to gratify a morbid ambition, or to obtain large fees, they do not hesitate to amputate limbs that might be saved, or to perform severe operations where milder measures would be more effectual.

Stalking immediately after the surgeon, comes the specialist in gynecology, with an interminable assortment of instruments and paraphernalia for torturing and outraging the modesty of suffering women. Every ache and pain, all nervous disturbances or hysterical phenomena, and even nutritive derangements are made the excuse for urging speculum examinations, frequent local treatments and even surgical operations. It is true that such examinations, local treatment and operations are sometimes necessary, but it is also true that in the majority of cases they are not only unnecessary, but positively injurious. Many ladies submit reluctantly to such treatment only to find that it does no good. If they are so fortunate as to find a practical physician who cures them by mild and carefully adapted remedies, they will ever afterward oppose local treatment, examinations and operations, even in cases where such means are necessary. After suffering invalid ladies have endured all the tortures imposed upon them by gynecologists with their barbarous instruments, and still find that they have received no benefit, we cannot blame them much if they become disgusted with all medical treatment and begin to think about the mind cure or some other delusion. Here again, we see that it is the failure of the "regulars" that enables medical delusions to flourish.

We repudiate "all pathies" and exclusive schools of medicine as well as all superstitions and delusions; yet we do not denounce the scientific application of anything that succeeds in curing disease, whether it be a material or a psychological agent, for we believe that a physician should be at liberty to avail himself of whatever is most valuable

in the whole realm of nature and in the vast circle of human experience. Instead of confining ourselves to a certain class of remedies, or to an exclusive system of routine treatment, we select, without prejudice, whatever will accomplish the desired result. We believe in mental or psychological treatment for the mental causes of disease, and material or medicinal treatment for the physical causes, for we know that the proper combination of mental and physical treatment will cure all diseases that are curable. To arrive at such a scientific combination as will prove successful in each individual case, is the work of our lives, and we do not propose to be hampered by dogmas or prejudices of any kind or to be deprived of the use of any means of cure that experience has proved indispensable to the highest degree of success.

Many doctors who would like to be independent, submit to the arbitrary rules of exclusive schools through the mere selfish motives of profit and safety. The "pathy" sects and societies so manipulate medical jurisprudence as to screen all the dangerous and fatal blunders that their ignorance or carelessness may lead them into, behind the convenient subterfuge of "treating according to competent and recognized authority," whether the remedies kill or cure. If a doctor who belongs to one of these societies happens to kill a patient, he is exonerated if he can show that the treatment he gave is sustained by "authority," that is, recommended in some book written by some man who belonged to the same pathy school. But if an independent practitioner kills a patient by ignorance or carelessness, he has to suffer the just consequences, and instead of having the medical societies to help him out of the difficulty, he is in danger of being mobbed. It is not strange therefore, that the majority of the doctors adhere to societies that offer immunity from the dangers of their own ignorance.

Medical frauds and delusions will flourish just so long as societies, sects and schools of medicine continue to denounce each other, and subject suffering invalids to harsh, indelicate and unsuccessful systems of treatment. The only way to suppress such frauds and delusions is by furnishing the people with better remedies for disease and physical suffering—remedies that are successful and scientific in accordance with the progress of the times. Any physician who is able to furnish such remedies has no reason to fear that his patients will be deluded or enticed away from him, either by fraud or superstition. For this reason we choose to be independent, even at the risk of incurring the envy and malice of medical sects. One-tenth part of all the expressions of gratitude that have been showered upon us by patients whom we have rescued from the torments of diseases that make life a burden, would more than over-balance all the abuse we have suffered at the instigation of ignorant and jealous doctors who are envious of the success of our New Method Cure.

MEDICAL ETHICS.

WHY WE DO NOT FRATERNIZE WITH SO-CALLED ETHICAL DOCTORS.

The extortion of money from the people is not the most obnoxious feature of a monopoly. It is bad enough, but the tendency to prevent progress and improvement is worse. Competition is the moving spirit of the age, and to it we owe the rapid progress in art and science that characterizes modern times. As soon as any association or individual obtains an exclusive monopoly of any particular business, improvement is stopped. There is no more notable example of the power of monopolies to retard advancement, than is found in the medical profession.

If mankind have inalienable rights, surely the privilege to endeavor to cure disease or relieve suffering is such a right, and the curtailing of this right or the abridging of the privilege is invariably in the interest of monopoly against the interest of the individual and the masses.

Though medicine has been practiced as a profession for hundreds of years, the doctors of to-day seem to be no more able to cope with chronic diseases and deformities, than their predecessors of centuries ago. There must be a reason for this. When men have advanced in every other art and science, why should not the study of the human organization and the laws of health have developed some practical results? Simply because doctors of a certain class have maintained a monopoly of the business, and like all other monopolists, have opposed every innovation and improvement, and thus removed every incentive to advancement from ambitious, enterprising members of the profession. If a doctor knows that he cannot cure chronic diseases and deformities he consoles himself with the thought that no one else can cure, and instead of studying to discover improved methods of treatment, he lets the patient die, knowing that when the dominant schools have pronounced a disease incurable, it is heresy and quackery (according to their principles) for any one else to attempt to cure it. On the other hand, if a doctor follows the dogmas of his school, and thereby kills a patient, he knows that he will be exonerated by the medical societies. Thus the medical monopoly encourages indolence and crime. It supports all its adherents, good or bad, and opposes and persecutes every doctor who attempts to introduce new and improved methods, just as it opposed and persecuted Jenner, when he introduced the discovery of vaccination, and Harvey when he announced his discovery of the circulation of the blood.

WE ARE OPPOSED TO MONOPOLIES.

Hence we do not fraternize with the ethical doctors, or with medical societies, because their code enunciates principles which are uncharitable, unjust to the rich and positively oppressive to the poor. Let the reader examine the fee bill published by the

medical societies. How can poor people afford to pay, and why should the rich be compelled to pay such prices? Under the head of capital "operations" we find the following: "Treatment of stricture, club-foot, etc., \$100 to \$1,000. What connection there is between club-foot and stricture, we fail to see. These doctors object to having others advertise to cure private diseases. Is it not strange that they should, for in their fee bill they advertise to treat such cases for from \$25 to \$200, in advance. They want other doctors kept out of the field, so they can charge their combination prices.

FREE CLINICS FOR RICH DOCTORS.

They establish and maintain at the medical colleges, in the hospital, or in separate offices, free clinics for the treatment of the poor, but they would not allow a poor young doctor, or a stranger in the community to put out a sign, or in any other way announce a free clinic during certain hours. And why? Simply because the leading doctors want to monopolize this means of cheap and effective advertising, hence it is that their code forbids the offering of medicine or advice to the poor, gratis. According to the spirit of their resolution, all members are required to be prompt and uncompromising in the collection of their exorbitant bills. It is also customary among many societies to publish or post a sort of black list of the unfortunate sufferers who are unable to accede to their demands in the prompt payment of exorbitant prices.

PROFESSIONAL SWINDLING.

All members are required to encourage consultations, evidently for no other purpose than to extort money from the afflicted. For instance a member of a family is sick and Dr. J., is called in. He charges \$2 a visit, but after several days or weeks the patient continues to grow worse, and he desires to have Dr. B., called in consultation. Dr. B. is sent for. He lives the same distance from the patient as Dr. J., and had he been called first his charges would have been the same, but as he is called in consultation he charges \$5, \$50 or \$100. Dr. J., and Dr. B., hold a consultation, and if the patient is easily managed or frightened, they propose the calling in of another physician in a further consultation, and the unfortunate victim is literally robbed by professional swindling.

But the most obnoxious part of the scheme remains to be told. In section 7 of their Code of Ethics we find the following: "All discussions in consultation should be held assecreet and confidential. Neither by words or manner should any one of the parties to a consultation assert or insinuate that any part of the treatment pursued did not receive his assent." What does this mean? It simply means that these doctors are bound to defend and protect each other in all their ignorant blundering. If the doctor called in consultation finds the attending physician had been killing the patient by improper treatment he must not say anything, but help to deceive the unfortunate sufferer. If he has any opinions he must keep them to

himself. He must not even "insinuate" to the patient that any part of the treatment did not receive his assent.

THEY COMBINE TO DECEIVE.

This, then, is the boasted solicitude of these doctors for the welfare of their patients when they urge the advisability of professional consultation! They get his money and then combine to deceive him in order to shield their ignorance! The patient might argue, that having paid a consulting physician, he should be entitled to that physician's opinion. Oh, no; that would never do. It might injure the standing of the attending doctor by reflecting on his skill, and these "ethical" quacks must be protected, whatever becomes of their patients. Then the patient, who finds his doctor cannot cure him, may ask what is the use of a consultation. We answer, it is useful in giving the doctors an opportunity to make extra fees.

A CONFIDENCE GAME.

Your doctor, having failed to cure you, and, finding that you will pay no more money to him, becomes very solicitous. He advises you to go to Professor or Doctor so-and-so; he will even neglect his other patients (if he has any) and go with you to the city, or to another city, or else he will write a letter of introduction. You go, and the "big doctor" charges a big fee, which he divides with the doctor who sent you to him. The poor, deluded invalid is thus passed from one doctor to another, until he dies, or his money is all spent. No small amount of an obscure doctor's revenue is derived from this questionable system of a division of the fees paid by those whom he advised to go to the leading doctor or professor.

CRIMINAL BUT PROFESSIONAL.

In a decision sustaining the monopoly, rendered in the Circuit Court of Cook County, Ill., Judge Williams said that some acts of a doctor may be criminal, yet at the same time professional. He probably meant that to swindle the sick under the guise of a consultation of doctors, or the confidence scheme of dividing the fee, is criminal although, according to their system of ethics, it is professional.

We beg leave to dissent from Judge Williams' decision, because we believe that the "imperial" science of medicine when practiced by doctors "inherently great" requires no criminal acts to make the practitioner's efforts effective. Only the ignorant, indolent and incompetent resort to criminal practices, and clamor for laws to give them patronage which they do not deserve, and can not obtain by their own merits.

We do not believe in swindling the afflicted by making them pay for useless consultations. We believe that if a doctor is not able to cure his patient, and has to call in some one with more skill, he should bear the expense himself instead of putting it on the patient. For this and the above reasons we do not and can not affiliate with the "ethical" doctors.

A SCHOOL OF SCIENCE.

KNOWLEDGE IS POWER BECAUSE ALL THINGS ARE GOVERNED BY IMMUTABLE LAWS.

Science and common-sense, tact and talent, are the sum total of mental capabilities by which man not only masters men, but by which he may master the material universe. The scientist observes, measures, classifies and analyzes material objects and thus determines their form, actions and relations in each domain that he may seek to explore. He institutes new experiments and evolves new phenomena. Through these efforts he finds those regular forms of structure, and those uniform methods of action, which convince him that nature is not a system of jugglery contrived to mystify and perplex man. But on the contrary he discovers that each atom of matter possesses inherent forms and powers, each one having its own mode of behavior and order of action. These he recognizes as the laws of nature and of God.

Common-sense is the basis of theory and the first step in science. By the exercise of common-sense we *mentally* compare, weigh and measure objects and their relations to their surroundings. We are thus enabled to decide for ourselves concerning facts and fallacies. Our investigations having once firmly fixed our deductions as a truth in our own minds, we endeavor to convince others. We reason with them and induce them to institute a like investigation, make similar comparisons and apply similar tests. By so doing they naturally arrive at the same conclusion and thus the theory becomes an apparent truth to them and is so proclaimed, and thus, whether it be a scientific fact or a mere visionary theory, it henceforth assumes all the prominence and importance of a veritable truth. Witnesses testify that it is true, authors indorse it by introducing it as a truth, and it thus becomes a beacon light to guide mankind into a port of safety or a jack-o'-lantern to decoy them farther into the dark and danger.

But science is the only positive standard of truth. The theorist reasons and compares; the scientist weighs and measures. The truths of science do not rest upon personal authority or the testimony of witnesses like truths received alone through tradition or theory. Therefore science is the only standard of truth to which all can agree, for it is the only one where the proof is always open to investigation. Men may and do differ in theory, and they may differ in their capacity to understand science, because such truths are susceptible of proof by demonstration; for example, it is a truth in science that in any circle every point in the circumference is equally distant from the center. Any one can demonstrate this truth by simply drawing the circle and applying the measure. The revolutions of that wonderful mechanical toy, the gyroscope, are invariably in a given direction and invariably opposite to

the direction in which theory says it should revolve; but it revolves according to the law of philosophy and a competent scientist can tell why. We are aware that the cynical critic contends that there is no exact science except mathematics. This law teaches us that all the atoms of matter are grouped according to absolute numbers. Each atom has its own definite number and kind of poles, sides or points of attraction, and these determine and limit the number and kind of other atoms with which it may unite. Take, for example, the molecule of bioplasm. The carbon atom seen in the center has six sides, to each of which is attached another atom of oxygen, nitrogen, hydrogen, etc. The distinguished German philosopher and scientist, Humboldt, declared that the universe is governed by law, more fixed and unalterable than that of the ancient Medes and Persians. Beneath the disconnected surface of ever changing incidents and objects, science enabled this eminent investigator to observe the play of eternal harmonies. Nothing was created in vain and nothing happens by chance or accident. Every result is the effect of a cause that could not have produced any other result. From the terrible railroad disaster, the cyclone and tornado that hurl their unsuspecting victims into eternity, to the falling leaf, all act according to law, definite and unalterable.

Fix your vision on the autumn leaf as it parts from the parent stem where it vegetated during the fruitful spring and maturing summer. Watch its descent, wafted by a gentle breeze; its gyrations describe many angles and curves until it finally rests upon some substance of sufficient resistance to check its farther descent. It stops, or we say it stops, to lie where it fell. So far as human vision, unaided, can discover, it has stopped, but in reality its particles, cells and the atoms of which it is composed never stop. Now were you capable of estimating the force that impelled the leaf and the resistance it met in its fall, you would be able to demonstrate, by the science of mathematics, that it could not have fallen upon any other spot. Investigations invariably prove that all the so-called disasters, accidents, etc., are the result of ignorance, inadvertence, neglect or mistake. Some one blunders. Yes, the universe is governed by law.

The French have a saying that "nothing succeeds like success." But how to attain success is the all important question. Analyze the process and compute the elements in any given act or effort that resulted in success, and you will discover that the catalogue contains all the essentials in exact proportion of quantity, quality, intensity, time and place. This is science, and he who has the talent requisite to compute and determine, mathematically, in advance, the number, nature and kind of elements necessary to effect the desired result is a scientist, or in other words, a scientific operator in the department in which he practices, whether it be in medicine, law, agriculture, mechanics, commerce, navigation or war.

Common sense alone may accomplish much and achieve apparently wonderful results. A common-sense farmer may succeed in raising forty bushels of wheat per acre. His pigs and calves may be larger and fatter than the pigs and calves of his neighbor, who, perchance, may be a man of talent. He may be well educated, able to analyze the soil and to discourse learnedly on agricultural statistics, but lacking tact and discarding common sense, he fails, while his illiterate neighbor succeeds. Reverse the conditions. Give the successful, common-sense farmer a scientific education, give him in addition the advantage of an analytical and statistical knowledge, and his success will be multiplied many fold. He will raise more wheat to the acre and more pork to the pig. His unsuccessful neighbor on the other hand would be a still greater failure without his education.

A common-sense doctor, who has tact, and is a close observer, is usually a safe medical adviser, and although his medical education be quite limited, he will succeed in getting practice and in curing his patients, while his more talented and well educated competitor, who has neither tact nor common sense, spends his time in writing death certificates and appealing to the legislature to enact a law that will compel the people to patronize him. Now, as in the case of the farmers, reverse the order, give the common-sense doctor the advantage of a scientific education, and he will be still more successful. He will never find time to feel the necessity of "hanging around" the State house and trying to lobby through an act to put money in his pockets, while he puts his patients in the hands of the undertaker. A doctor who possesses science, common sense, tact and talent, will distance all who are destitute of either one or more of the above requisite qualifications.

There should be no schools or "pathies" in medicine. The imperial science should be freed from such degradation. The individual who allies himself to any pathy, whether homœopathic, eclectic or regular, debases science and proclaims to the world that he has voluntarily imprisoned his mind in a dungeon, the walls of which are rendered impenetrable by ignorance, selfishness and superstition.

If practitioners would stop quibbling about theories and ethics, that is, if they would cease being allopaths, eclectics, homœopaths, etc., and commence to be doctors, it would be a great blessing to their patients. We owe no allegiance to "pathies" of any kind and will not be hampered in our practice or in the pursuit of knowledge by the restrictions they impose. We have therefore inaugurated a "school of science" in which practical truth may be investigated without prejudice, and successful treatment adopted without respect to ancient dogmas. In this way we have developed our New Method Cure and to convince the reader of its superiority over the old systems, we only ask a candid perusal of this book.

DIET.

WHAT SHALL WE EAT? HOW MUCH
SHALL WE EAT? AND OTHER PER-
PLEXING QUESTIONS.

Unlike the great majority of those who have written on this subject, we have no system of rules or axioms to lay down. Knowing full well that from the great diversity of circumstances and physical peculiarities, no arbitrary rule is practicable, we only write to offer a few suggestions that may aid each individual in properly regulating his own diet.

What to eat has always been, and must always remain, an important question, and as a question that concerns the greatest of all the requirements of physical life, it naturally claims particular attention. It is also a problem which is surrounded with many difficulties, and from various unsuccessful attempts to solve it, many popular errors have sprung up and obtained a firm footing in the customs of the times, even among intelligent people.

The most fruitful source of these errors is doubtless found in the tendency of modern philosophers to jump at conclusions, or rather to reach them by the development of elegant theories, perfectly logical and plausible in themselves, but which, unfortunately, have nothing to support them but the brain from which they are spun. It thus happens that the world is full of theories that will not stand a practical test. It is true they usually originate from some experimental or accidental discovery, but the practical experience is not universal enough to form the basis of scientific principles. Among the men who have successfully propagated such theories on the subject of hygiene, we might mention the names of Graham, Alcott and Hitchcock. They exercised a powerful influence in their day, and were no doubt sincere and honest in the belief that the most beneficial results would follow the universal adoption of their hygienic codes; but the result shows that there was something radically wrong in their methods of investigation, or at least that the conclusions they arrived at were utterly untenable.

One of the most popular fallacies regarding diet, that has prevailed of late years, is the doctrine of vegetarianism. That the human system can best be nourished and sustained by the exclusive use of vegetable food is a theory that will not stand the test of either reason or experience. There are thirteen elementary substances that take part in the formation of the human body, namely, carbon, hydrogen, nitrogen, oxygen, phosphorus, sulphur, chlorine, sodium, potassium, calcium, magnesium, iron and fluorine. Generally speaking, the food that contains these elements in the most available form, is the best, and it is a well established fact that the most important of them are

more easily obtained from animal than from vegetable food. Experience, however, teaches us that neither one should be used to the exclusion of the other. A mixed diet of flesh, fish, fruit and vegetables, is the best adapted to the requirements of the human organization. Vegetable food as a rule is less nutritious and more difficult of digestion than flesh, but it is none the less necessary, and should be used according to the tastes of each individual. While beef is much more nourishing than bread, and as easily digested, it does not follow that bread should be discarded, for it is necessary on account of certain requirements of the system which cannot be supplied by beef.

The occupation that a person is engaged in generally determines, to a considerable extent, the kind of food that can be taken with the most beneficial results. People accustomed to hard out-door labor, are adapted to a diet that would be positively injurious to persons of sedentary habits and occupations. Writers on hygiene have said many harsh things about pork, and we often find it condemned as unfit for use. Notwithstanding all this we believe that pork, properly used, is a valuable and wholesome article of food, and especially for those who use it most, namely, the working classes. It is highly nutritive, and containing a large amount of fat, it is not so easily digested as beef, and for this very reason many laborers prefer it to any other kind of meat. A man can work longer after eating a meal of pork, than he can after eating beef. For the same reason it should not be used in any considerable quantity by those engaged in mental labor, or by any person unaccustomed to vigorous exercise. It is the use of pork by such persons that gives rise to the prejudice against it. The country people doubtless take the most injudicious diet, and for this reason: the farmers who labor in the fields need a different diet from their wives and daughters who labor indoors; yet they all subsist on the same kind of food. The dyspepsia, sick headaches and other ailments which many ladies suffer, are doubtless owing to the fact that they live on food which is only adapted to stomachs incited to action by vigorous labor. Brain workers need as much food, or even more, than manual laborers, only it should be of a different character. Physical exertion is the best means of quickening and invigorating the action of the stomach, and the stomach and muscular powers can be exercised at the same time with advantage, consequently the laboring man needs food that will last, as well as give nourishment. If the food is digested too rapidly the stomach will be empty, and the laborer will be hungry long before meal time. On the other hand it is injurious to exercise the brain power and the stomach much at the same time. It therefore follows that the brain worker should partake of food that can be easily digested, for while a person is engaged in mental labor, the stomach will not act so powerfully as it would in the case of physical exertion. Many people

cannot believe that brain workers need more nourishment than manual laborers, for the reason that physical exertion soonest induces hunger, but a little philosophy explains the whole question. Brain work does not induce hunger like physical work, simply because it is not so favorable to digestion; yet at the same time it causes a greater waste of tissue, which can only be replaced by more food. Let us take an illustration: suppose two healthy men make a meal of the same kind of food, and both partake of the same quantity. One goes to muscular work and the other to mental. The physical exertion of the one will incite his stomach to vigorous action; his food will be digested and assimilated, and at the end of five or six hours he will be hungry, simply because his stomach is empty. The mental exertion of the other man is not favorable to digestion, consequently his food remains long on the stomach, and at the end of five or six hours he may still have an indifferent appetite; at the same time his labor has caused a greater waste of tissue, and has consequently been more exhaustive to the system than physical labor would have been. From these observations we naturally conclude that those who exercise the mental faculties should use food that contains the greatest amount of nourishment in the most digestible form, while manual laborers can partake with advantage of allments that remain longer in the digestive organs.

Another common error of the times is the idea that people eat too much. We have been told repeatedly that we must not satisfy our appetites with food, but keep ourselves in a state of perpetual hunger. We can scarcely find an article on diet that does not contain such sentiments, and many people have been led to believe that they are correct, and as a consequence are starving themselves to death. Those who injure themselves by eating too much are few in comparison with those who eat too little. The practice of measuring or weighing food and eating by rule, as recommended by some who claim to be authority on the subject, cannot be too strongly condemned. It is a libel on the Creator, who gave us an appetite to indicate what we need and how much we need. Under all ordinary circumstances, the appetite is the safest and most reliable guide. It is true that it is sometimes so perverted as to crave what is injurious to the system, but in nearly all such cases the depraved tastes have been acquired, as the injurious substances are naturally repulsive to the appetite. A man may have a great craving for tobacco, and tobacco may be injurious to him, yet that is no proof that the appetite is not a safe guide, because tobacco was naturally repugnant to his tastes, and he only came to have a desire for it by forcing it upon his system until his tastes were depraved. The appetite is to eating, what the conscience is to moral actions. An unsullied conscience will warn its possessor of every deviation from the paths of virtue and honesty, but if its admonitions are long unheed-

ed, will cease to speak, and allow its owner to commit crime without molestation, until he comes to the end of his reckless career, when it will awake and crush him with remorse. Likewise the appetite naturally indicates what is best adapted to the wants of the body, but if these indications are disregarded, an appetite may be formed for something positively injurious, and we will only become aware of our danger when the system rebels against the unnatural element, and alarming and possibly fatal disorders supervene. We find another strong argument in favor of our position, in the fact that the appetite is much influenced by climate. The combustion of carbonaceous, or fatty food, is what keeps up the heat of the body; consequently, in a cold climate, the system requires more fat than in a warm climate. And it is a well known fact that the inhabitants of cold countrys have a greater appetite for fat than for any other kind of food. Spread before an Esquimaux the most tempting repast that Delmonico ever prepared, and he would probably push it all aside in disgust, except the butter, which he would devour by handfuls. All this goes to prove that the natural appetite indicates what is necessary to the system under the various conditions and circumstances of life.

Remember there are no fixed rules for diet. The food that is appropriate for one person may not be beneficial to another, and what a person eats this year may not agree with him next year. Neither can we fix any standard for the quantity of food. Some persons can eat much more than others. Cornaro, an Italian, lived 58 years on a daily allowance of 12 ounces of food, while Esquimaux have been known to eat 35 pounds of food in 24 hours. Let us be as sensible on this question as the dumb animals. They eat what their appetites indicate, eat when they are hungry and always eat until they are satisfied.

ADDITIONAL HINTS ON DIET.

It is well not to drink much of any kind of liquid at meals. Cold drinks especially should be avoided.

Never try to sharpen the appetite by tonics or stimulants of any kind; better wait until nature calls for food. The best way to aid nature is by proper exercise.

The exhausted and worn out frame can only be strengthened and recuperated by the digestion of nutritious food. Stimulants of all kinds should be avoided.

Do not eat raw meat of any kind, for while it may not be injurious in any other way, it is liable to contain the larvæ of tape worms and other parasites.

If you like pork you need not abstain from eating it through fear of being devoured by worms, provided it is well cooked and you take sufficient physical exercise.

The moderate use of all the good things that nature affords, is true wisdom and true temperance. To talk about the moderate use of things that are in their very nature injurious, is the argument of a fool.

FOOD.

THE REQUIREMENTS OF THE SYSTEM—COMPARATIVE VALUE OF VARIOUS KINDS OF FOOD.

The growth and development of the physical organization and the constant elimination of effete matter creates a ceaseless demand for new material. The supply of those elements which enter into the composition of the human body, prepared in due proportion, in proper quantities and in a digestible form, constitutes good food, the great necessity of physical existence. Thirteen of the elementary substances of nature are necessary to the healthy support of the system, but as they are taken in combination and not separately we shall classify food in reference to the two great requirements of our nature—viz: the formation of blood and flesh and the production of heat. The first great division, therefore, consists in what are termed nitrogenous compounds, or those articles of food which contain nitrogen and produce blood, flesh and the tissues of the body. They are of two kinds, albuminous and gelatinous, the first being derived from both the animal and the vegetable kingdoms, the second from animal substances only. They are analogous in their character and answer the same essential purposes—the formation of new life-sustaining material to replenish the blood, and through it to build up the system and supply the constant waste of tissue. The second great division is composed of what are termed non-nitrogenous compounds, or those which contain no nitrogen and produce combustion giving rise to animal heat. They are classified according to their composition, as saccharine and oleaginous, the former being composed of sugar, starch, gum, woody fibre, etc., and the latter of oils and fatty substances. They present many different forms and appearances, but are essentially the same in character, at least as far as their relation to the sustenance of animal life is concerned. They are composed of oxygen, hydrogen and carbon in various proportions. The nitrogenous or flesh and blood-forming compounds are composed of oxygen, hydrogen, carbon and nitrogen.

It is not to be understood that these two divisions of food exist or are to be taken separately. Nearly all articles of diet contain the non-nitrogenized compounds to a certain extent, and the same articles from which we obtain the flesh and blood-forming material often supply enough fat, sugar and starch to supply combustion and fulfill all the ordinary requirements, so that as a rule heat-producing articles are not necessary as a distinct part of our diet. Climate and season, however, must be taken into careful consideration in governing the relative proportion of nitrogenous and non-nitrogenous food. In cold seasons and in cold climates, where the body is subjected to a frigid atmosphere for a continued length

of time a much larger amount of heat-producing food is required. In cold latitudes the appetite craves such food, and large quantities of sugar and fat may be taken and will be assimilated. In our own temperate climate we require a liberal proportion of both the nitrogenized and non-nitrogenized or carbonaceous food, a larger amount of the latter being necessary in the winter than in the summer. But in the torrid zone carbonaceous or fatty food is not so much relished, as it is not much required, and if taken in large quantities will soon derange the system. It will be seen from this how wisely nature has provided for the wants of all her subjects. In this temperate zone she furnishes for food nearly every variety of animal and vegetable life; in the frigid latitudes the inhabitants can find but little vegetable material fit for food, but an abundance of animals, while in the equatorial regions such fruits and vegetables as the system requires under such conditions, grow in the most luxuriant profusion.

The principal inorganic elements required by the system are phosphorus, sulphur, iron, lime, soda and potash. Lime enters largely into the composition of the bones, and where it is not supplied in sufficient quantities, disease of the bone will result. It is needed more in childhood and youth, while the bones are undergoing development, than it is later in life, after they have attained the harder consistency of the mature state. Lime exists in most articles of food except those of an acid character, and is found in considerable quantities in "hard water." Soda, iron, sulphur and potash are found in both animal and vegetable food, and generally in sufficient quantities to supply the wants of the system, with the exception of soda, the deficiency of which is made up by the use of common salt. Phosphorus is demanded principally by the brain and nervous system. It is found in a great many different kinds of food, but is supplied most liberally by the hulls of wheat, by eggs and fish.

The value of any article of food depends upon the proportion and quantity in which it contains the four nutritive elements, i. e., the albuminous, gelatinous, saccharine and oleaginous. Wheat is rich in all of these four elements, as are also oats and corn. Rye is rich in the heat producing element, but is not equal to wheat in other respects. Potatoes do not furnish much nourishment, but are easily digested, and as bulk as well as nutritive qualities is necessary to a healthy diet they are valuable as an article of food. An idea of the comparative value of various kinds of food may be obtained from the following table, which shows the average quantity of nutritive matter in one thousand parts of each of the articles mentioned:

Beef.....	260	Veal.....	250
Mutton.....	280	Pork.....	240
Chicken.....	270	Cod.....	210
Haddock.....	180	Sole.....	210
Milk.....	72	White of egg.....	140
Wheat.....	950	Barley.....	920

Rye.....	792	Oats.....	742
Potatoes.....	269	Tamarinds.....	340
Carrots.....	98	Turnips.....	42
Cabbage.....	73	Beets.....	148
Strawberries.....	160	Pears.....	160
Apples.....	170	Gooseberries.....	190
Cherries.....	250	Plums.....	200
Apricots.....	260	Peaches.....	200
Grapes.....	270	Melons.....	30
Cucumbers.....	25	Almonds.....	650

Of the principal varieties of animal food, beef is undoubtedly the best, as a general rule, not because it is much more nutritious, but because it combines in better proportion the essential elements. For the production of muscle, beef stands first, pork and mutton next and fish last; for heat-producing qualities, pork is first, mutton second, beef third and fish last; for the supply of brain material, fish ranks first, beef second, mutton third and pork last.

The value of an article of food depends also on its digestibility. The following table is compiled from the best authorities on this subject, and shows the time required by a healthy stomach to digest different kinds of food:

	h. m.		h. m.
Boiled Rice.....	1:00	Roasted Potatoes.....	2:30
“ Tripe.....	1:00	“ Turkey.....	2:30
“ Trout and Salmon.....	1:30	“ Wild.....	2:18
“ Venison.....	1:30	“ Beef.....	2:00
“ Sweet apples.....	1:30	“ Mutton.....	3:15
“ Sago.....	1:45	“ Oysters.....	3:15
“ Milk.....	2:00	“ Fowl.....	4:00
“ Tapioca.....	2:00	“ Veal.....	4:00
“ Codfish.....	2:00	“ Duck.....	4:00
“ Beef liver.....	2:00	“ Wild.....	4:00
“ Lamb.....	2:30	“ Pork.....	4:00
“ Beans.....	2:30	Fried Catfish.....	3:00
“ Parsnip.....	2:30	“ Flounder.....	3:30
“ Mutton.....	3:00	“ Eggs.....	3:30
“ Potatoes.....	3:30	“ Beef.....	4:00
“ Eggs, soft.....	3:30	“ Veal.....	4:30
“ Oysters.....	3:30	“ Pork.....	5:15
“ Green corn.....	3:45	“ Sausage.....	5:30
“ Fowl.....	4:00	Corn Bread.....	3:15
“ Cabbage.....	4:30	“ Wheat.....	3:30
“ Chicken.....	3:30	“ Rye.....	3:30
“ Oyster.....	3:30	Oatmeal.....	3:00
“ Beef.....	4:00	“ Mush.....	2:30

From the foregoing table it will be observed that the method of cooking, enters largely into the problem of digestion. Food prepared by boiling, as a general rule, is most easily digested, while fried articles are usually the most indigestible.

The comparative digestibility of the most common articles of food can be learned from the following classification, which may be of great benefit to those whose stomachs and digestive organs have been abused until dyspepsia and other similar disorders are the result:

Easy of Digestion:—Mutton, venison, hare, sweetbread, chicken, turkey, partridge, pheasant, grouse, beef tea, mutton broth, milk, turbot, haddock, flounder, sole, fresh fish, roasted oysters, stale bread, rice, tapioca, sago, arrowroot, asparagus, sea-kale, French beans, cauliflower, baked apples, oranges, grapes, strawberries, peaches, toast water, black tea.

Moderately Digestible:—Beef, lamb, rabbit, young pigeon, duck, wild waterfowl, woodcock, snipe, soups, eggs, not hard boiled, butter, turtle, cod, pike, trout, raw or stewed oysters, potatoes, beets, turnips, cabbage, spinach, artichoke, lettuce, celery, apples, apricots, currants, raspberries, bread, farinaceous puddings, jelly, marmalade, rhubarb plant, cooked fruits, cocoa, coffee.

Hard to Digest:—Pork, veal, goose, liver, heart, brain, salt meat, sausage, hash, mackerel, eels, salmon, herring, halibut, salt fish, lobster, crabs, shrimps, mussels, oil, melted butter, hard boiled eggs, cheese, fresh bread, muffins, buttered toast, pastry, cakes, custards, nuts, pears, plums, cherries, pineapples, cucumbers, onions, carrots, parsnips, peas, beans, mushrooms, pickles, chocolate.

Occupation, climate, constitutional peculiarities and general condition of health must be given due consideration in the question of diet. The foregoing observations are intended to indicate the requirements of a healthy system, and the natural effect of the various kinds of food upon such a system. We can tell what elements the human organization requires, what kind of food is required under various circumstances, what articles are easily digested and what are difficult of digestion, but each individual must determine for himself as to what kind of diet his own circumstances indicate, and must learn from personal experience what agrees with him best and how far he may indulge in indigestible articles with impunity.

As the preparation of food may be considered a science, or at least, an art, of itself, we shall reserve the subject for another article, and only refer here to a few elementary principles which every person should understand. First, in regard to modes of cooking: Meat is better boiled or roasted than baked or fried, because in frying and baking the fibres are more or less burnt, and the products of the decomposition, called empyreumatic oils, render the meat less digestible. Vegetables that contain much starch, like potatoes, are better boiled, while those that contain sugar in large quantities, such as beets, carrots, parsnips, etc., should be steamed, because in boiling, some of their most nutritious ingredients are dissolved in the water. In boiling meat to preserve its nutritious qualities, it should be put at first into boiling water, and after a few moments cold water should be added to reduce the temperature. In this way the albumen is suddenly coagulated, and all the nutritive juices which would otherwise be dissolved in the water, are preserved. In roasting, the same principle should be observed, i. e., the highest temperature should be applied first, but in boiling meat for the soup, it should be put in cold water and cooked gradually, so as to dissolve the nutritive juices in the water. The reason why meats that have been salted and pickled are less nutritious than when fresh, is because large quantities of albumen, lactic acid, potash, creatine, soluble phosphates and other nutritive ingredients are dissolved in the brine.

BATHING.

SOME POPULAR ERRORS ON THE SUBJECT—
EFFECTS OF BATHING ON
THE HEALTH.

Bathing dates from immemorial time, and the objects which gave rise to its importance are hardly less diversified than the forms in which it has been practiced in the various epochs of human history. At a very early period, great importance was attached to bathing as a religious rite, especially among the Egyptians and other eastern nations. Its ceremonial significance was also maintained by the Jews, the ancient Greeks, and later by the Mohammedans.

History does not throw very much light on the manner of bathing among the primitive nations, except that cold water was much used, being an emblem of purity. With the universal increase of luxury that attended the growth of the Roman empire, the primitive objects of bathing, in a measure fell into the background, and public baths of the most luxurious and elaborate character became resorts for pleasure. The construction of these Roman baths was somewhat peculiar, and the builders evidently understood certain scientific principles recognized in modern bathing. They were arranged in a room, set over a furnace called a hypocaustum, and the walls being hollow they were surrounded on all sides by heated air. In this room were apartments for bathing in hot, cold and tepid water. There was also an unctuarium where the body was anointed with oil, and a room where the sweating process could be undergone. Besides these there were spacious apartments where games and other recreations were indulged in. The ruins of the baths of Titus, Caracalla and Diocletian at Rome, and other remains that have recently been discovered at Pompeii attest the magnificence and luxury of the Roman baths, which were permanent institutions until Italy was overrun by the Germans and Visigoths, when they were displaced by the less luxurious cold water baths of the northern nations. After this, bathing customs were most common among the Mohammedans and Arabians, and the well-known Turkish baths of the present day are modeled after those of the ancient Arabs.

It is difficult to learn at what period bathing was first adopted as a remedial agent, but it is probable that the ancients knew that cleanliness, which can best be promoted by frequent bathing, was the best safeguard against those skin diseases that were so prevalent in the east. This fact may have had something to do with the adoption of the custom as a religious rite. It appears, however, that Hippocrates, the most celebrated of ancient physicians, who flourished about 400 B. C., was the first who successfully agitated the subject. He appears to have relied upon water used externally and inter-

nally as one of the most efficacious remedies in the economy of nature. It was not until the earliest part of the present century however that the doctrine of hydropathy or hygienic treatment, more properly known as the "water cure," became popular. It originated with a Silesian farmer named Pressnitz, who having found the application of water in various ways beneficial for various ailments that he suffered in his own person, began to make use of his experience among the sick and disabled of his immediate neighborhood. He met with such remarkable success that he soon commenced to carry on his operations on a larger scale, and attracted the attention of physicians, who theorized his discoveries and finally placed their application on a more scientific basis than he himself would ever have been able to do. The popular designation, "water cure," after all was a misnomer, for diet, exercise, and other hygienic remedies were combined with the use of water.

During late years the spirit of progress and invention, which characterizes modern times, has developed many new ideas and reduced the application of various kinds of baths to a science, and no doubt many good results have been obtained, but it is with the bath as used by the great masses of the people that we are concerned, and notwithstanding the great length of time that it has been in use, and the many forms in which bathing has been practiced, the people as a general rule are still woefully ignorant on the subject. This ignorance is due in a great measure to the erroneous ideas that have been diffused from time to time by enthusiasts and extremists, who having made some valuable discovery, became bound up in one idea, and instead of carrying their investigations forward until the true conclusion was reached, and thus conferring a lasting benefit on mankind, as they might have done, they stopped half way, elated with the thought that they had attained a perfectly practical theory, and threw their whole energies into the work of propagating it, and it thus often happened that more harm than good resulted from their efforts.

The general dissemination of the doctrines of hydropathy, as taught by Pressnitz and his followers, no doubt did much to create absurd ideas about bathing. While the advocates of hydropathy themselves had comparatively correct ideas on the subject, in the minds of the people the idea of bathing became connected with medical treatment, and the results that followed were in the very nature of things unsatisfactory.

A few years ago some one started the idea that a cold bath every morning was beneficial and absolutely necessary to health. A *furore* on the subject of cold bathing soon spread over the country, and the result was that many people in putting the idea into practice so injured their constitutions as to become chronic invalids. We do not hesitate to say that more people are injured by too much bathing than by too little. Many have become possessed of the idea that a

bath is to be taken as medicine, that it is necessary to keep open the pores of the skin. Now a person in good health needs no medicine, and in most cases medicine will be injurious to him, and he should not bathe oftener than once a week, unless his occupation renders it necessary for purposes of cleanliness. If a person is in good health he should no more take a bath for any other purpose than he should be continually taking medicine, and if he is not well he should no more take a bath on his own responsibility than he should take a prescription without the advice of a physician. It cannot be denied that a proper use of water in conjunction with a well regulated system of exercise, a well ordered diet and proper nervous repose is a powerful agent in the cure of certain diseases; but it will readily be seen that it requires as skilful a doctor to administer such treatment and vary it according to the requirements of particular cases, as it does to prescribe any other kind of remedies. People make a mistake by forgetting that under all ordinary circumstances bathing is neither beneficial nor advisable, except so far as it is necessary for purposes of cleanliness, and if it is resorted to for medical purposes, it should be under the direction of a physician competent to decide what kind of a bath the patient needs. To take a plunge into cold water every morning, as some people think they must, is only an outrage upon nature, which may be perpetrated with impunity for a time, but which will receive its just punishment in the end. Man is not a fish that he should be continually in the water; it is not his natural element, and too much of it will do him more harm than good. But some say we must bathe often to keep open the pores of the skin, so that the effete matter of the system may pass off. We answer that so long as the body is clean, and the general health good, the pores will be as open as nature intended they should be, and if you go beyond this you are likely to absorb as much poisonous matter as you get rid of. The true philosophy is to exercise common sense in these things, and avoid extremes. When you are well, be satisfied with your condition; and if you feel that you are not well, call a physician and learn what ails you, and what kind of treatment you need, rather than run the risk of permanently injuring your health by riding off on some hobby which has neither science nor experience to sustain it. Above all things let your experience teach you in this as well as in other things connected with daily life. People are not all adapted to the same treatment, the kind of bath that is suited to one, may not be adapted to another. Cold water baths are very beneficial to some persons, while to others they are positively injurious. If after bathing in cold water a person feels a genial glow of warmth pervade the body, it will be beneficial, if on the contrary a cold chilly sensation is felt, the cold bath should be at once abandoned. Nature, when properly understood and regarded, generally guides aright.

EXERCISE AND RECREATION.

WHAT KIND OF EXERCISE IS SUITED TO VARIOUS OCCUPATIONS—WHEN AND HOW PEOPLE SHOULD EXERCISE.

Many excellent things have been said with regard to the advantages of physical exercise as a means of promoting health and vigor; yet nearly all the learned treatises on the subject have a tendency to ambiguity, which in the minds of many people is positively misleading. The reason of this is that authors on this subject have apparently addressed themselves to people of one condition, namely: to those whose habits or occupations do not call the physical powers into daily use. The great majority of the people of this country need no muscular exercise in addition to their daily labor. After a man has been at manual labor all day it is absurd to think about further physical exercise. Every person needs recreation and diversion, and these should be found in the exercise of those powers which are not called into action in the individual's regular employment. Man is constituted with a three-fold nature, physical, intellectual and moral, and to approach the true type of manhood these powers and faculties must all be developed. This development can only come from the continual exercise of all the faculties, physical, mental and moral. Whatever is unused is subject to rust and decay. If the physical powers are not properly exercised the body will remain weak and peculiarly liable to disease. If the mental faculties are not properly exercised the mind will be feeble and incapable of any great action. If honesty, virtue self-denial and other moral qualities are not daily practised the moral perceptions soon become blunted. The scope of this article does not admit of any remarks on the exercise of the moral qualities. Every occupation and condition of life offers the necessary opportunities, and their improvement or neglect is solely a moral question. We will only here remind our readers that the effects of morality upon the habits of life are always most conducive to health and longevity.

The mental and physical powers are often exercised too much or neglected entirely, according to the occupation of the individual. Those engaged in manual labor neglect the training of their minds, while brain workers neglect their physical development. Those who work at hard manual labor should seek diversion and recreation in intellectual pursuits during their leisure hours, while those engaged in mental work and study should devote a short time every day to physical out-door exercise. Of course, these are only general rules; the various kinds of work, both mental and physical, in these days are so closely classified that very few occupations are so varied that both the mind and body do not require some additional exercise. Then again there are many occupations that

require no great exertion of either mind or body, but which, nevertheless, are exhausting to the system. Persons engaged in such work need about an equal share of both mental and physical exercise.

We do not wish anyone to infer from the above that mental exercise is always necessary to bodily health. We have been speaking thus far of the development of the whole man, while a good mental development is generally more conducive to long life, ignorant and weak-minded persons are often as healthy as the intelligent. We shall therefore confine our remaining observations to physical exercise. One of the most important requisites of exercise is that it be taken in the open air and as much as possible in the sunlight. Air and sunlight are even more necessary than exercise. The best time for exercise is during the day, but we should guard against one very common error, that is, exercise early in the morning and before breakfast. Many people injure themselves by working to get an appetite for breakfast. Exercise should be regular and never carried to the point of exhaustion. Violent, spasmodic exercise is hurtful. Too many people become enthusiasts for a little while and exercise too much. Many more exercise for the purpose of developing great muscular strength, all of which is rather injurious than beneficial. It is true that strength can be gained in that way, but those who exert themselves to the utmost extent of their strength are not remarkable for health or longevity. A moderate degree of strength is all that is necessary, and moderate, regular exercise will develop the muscular powers as far as they can be developed without injury to the system.

There are various kinds of exercise within the reach of all. Walking in connection with light gymnastic exercises will usually answer all purposes. Rowing, horseback riding and out-door sports generally are to be recommended. Light exercise may be taken at any time, but vigorous exertion should not be indulged in either immediately before or immediately after meals. The middle of the forenoon or the middle of the afternoon are the best times for vigorous exercise. The electrical condition of the atmosphere is better in the daytime than in the night, the chemical action of the sun's ray is also highly beneficial.

Athletes and prize-fighters do not often live long; the training process of itself is a strain upon the constitution and the powers of life. All violences and shocks are injurious to the human body. All forms of exercise may be made hurtful by injudiciousness; if we take from our children all recreations that may be abused we sign their death warrant. Exercise, activity and locomotion, are to children a necessity, and it is wise to encourage all out-door exercise and recreation that invigorates and enlivens the system.

Proper exercise is unrivalled as a means of promoting health and strength. It not only creates a healthy appetite and induces re-

freshing sleep, but it works out of the system the dead tissue which is converted into liquid form and passes off through the pores of the skin in the form of sweat and perspiration. Persons whose skin is dry and feverish and never sweat are always unhealthy. Exercise, walking especially, is also healthful on account of its tendency to promote proper action of the bowels. When these organs have not motion enough, constipation ensues and an innumerable train of diseases, often of fatal character.

ADDITIONAL HINTS ON EXERCISE.

One of the best forms of exercise for women in delicate health is walking in the fields or streets, or wherever there is pure air and a variety of pleasant objects to divert the attention. Cheerful companions in such walks cannot be too highly prized.

Proper bodily exercise is necessary to the health for various obvious reasons. It is necessary in the first place to aid digestion (see article on DIET), it also strengthens the muscular fibers and helps to work off the effete matter of the system.

Exercise should be as diversified as possible in order that it may always be pleasing and tend to divert the mind from the cares of daily life.

The disregard of the Divine injunction to rest one day in seven is a violation of physical as well as of moral law.

Do not attempt to harden the constitution by exposure and violent exercise. A good constitution lasts longer by being taken care of.

Inactivity leads to premature decay.

Action is the universal law of animal life. There is not a living thing, whether insect or bird or beast, that will not pine and fall away and perish under bodily restraint. Man himself is no exception to the world-wide ordinance.

We advise that no person should go to work or take exercise in the morning on an empty stomach; but if a very little food is taken, exercise in the morning may be highly beneficial.

Exercise is the great regulator of sleep; it is the best anodyne in the universe and the only one that is always safe, efficient, wholesome and natural.

The best time for recreation for either body or brain is the latter part of the day, when the main business of life has been attended to; the working faculties can thus be rested, while those that have been idle are exercised, thus giving occupation each day for the whole nature.

It is evidently the design of nature that all human beings should work. Very few can be either healthy or happy without some kind of occupation. More people die from the effects of dissipation than from over work; but this is no excuse for the conduct of those who ruin their health by excessive labor. Such people come no nearer to fulfilling the design of creation than the sluggard who lives off the industry of others. Judgment and moderation in all things should be the rule.

HEALTH RESORTS.

A FEW OBSERVATIONS ON A SOMEWHAT DIFFICULT SUBJECT.

In times past an idea obtained credence among men, that in some far off, undiscovered country there existed a magic fountain, whose healing, renovating waters would change the blight of disease to the bloom of health, and the decrepitude of age to the vigor of immortal youth. Like the elixir of life, the philosopher's stone, and other medieval delusions, it engaged the attention of various adventurers and experimentalists for many years, until the propitious dawn of a brighter era, dispelled those vagaries, which after all were but the natural conclusions of inquiring minds, groping for light in a world of intellectual darkness.

The idea that the human frame can by any possibility be rescued from natural decay has long since been abandoned; yet there is more wandering to and fro in the earth in search of life and health, at the present time than there was in the days when Ponce De Leon sailed to the western world to seek the fountain of perpetual youth in a land where eternal summer reigns, where the icy breath of Thor never penetrates, and where the balmy air of semi-tropical seas is ever laden with the fragrance of perennial flowers. The despondent invalid brooding over his misfortunes is led to believe that there is only hope for him in some distant clime, which the glowing representations of others, and his own imagination have transformed into an earthly paradise. To this Utopia he turns with eager, impatient haste, too often, alas, to die a stranger in a strange land.

No doubt many persons suffering from lingering chronic ailments, might be benefited by a change of climate, but the first, and all important question, *where to go*, is one that human wisdom can seldom answer. Those diseases which are popularly supposed to be curable by climatic influences, are found in every part of the United States, and with very few exceptions in every part of the world. Wherever life is found, there also disease and death intrude their unwelcome presence to a greater or less extent, and the difference of degree appears to be in favor of those localities where the laws of health and life are understood and regarded, rather than those having peculiarities of climate. It is true that there are localities where certain diseases are less prevalent than in others, but ailments of a different character generally take their place. To these local affections a foreigner is peculiarly liable, especially when he comes with a constitution all unstrung and broken down by long standing disease.

It seems to us that one of the greatest mistakes of health seekers is in going to a climate radically different from that of their native country. This mistake doubtless arises from the fact that the places which

are in the greatest measure free from the particular malady with which the patient is affected, are usually, if not always of a radically different climate, nevertheless it is a mistake. A person suffering from any form of disease and contemplating a change of his abode, would naturally look to those places where his particular malady is comparatively unknown, yet it might be utter folly for him to go to such a place. It may be the seat of diseases more deadly than the one which troubles him, and even if the natives of the place are healthy the climate may be any thing but beneficial to a foreigner. Though his disease is almost unknown among the inhabitants of the country, the climatic conditions may so affect one who has already contracted the disease as to hasten it to a fatal termination. A sudden and complete change of climate, although it be to a country noted for the health of its inhabitants, often seriously affects strong and robust persons, and it is only reasonable to suppose that a vast number of those who leave comfortable homes and surroundings and conditions to which they have long been accustomed, to seek relief in a climate altogether different, by so doing only hasten themselves to the grave.

The climate that is beneficial to one person may be disastrous to another who is afflicted with the same malady. For instance some people suffering from consumption go to such climates as may be found in Florida and along the northern shores of the Gulf of Mexico and the Mediterranean Sea; some go to the mountains of Colorado and similar places, and others to cold, frozen regions like Greenland. The characteristics of these various climates are so strikingly different that it would seem if one of them were beneficial to consumptives the others must certainly be injurious; and yet it appears that about as great a proportion are benefited by one as by any of the others. In some cases they have all proved beneficial, but in more they have all proved disastrous. The invalid does not know what climate may be best adapted to his particular case. Some consumptives have regained their health in the cold icy regions of the north, who would not have lived a month in the balmy south; others have recuperated in the south who would have died before reaching the frozen regions of Thule; still others who could survive neither the wintry blasts of the north nor the balmy zephyrs of the south, have found health and strength in the bracing, invigorating mountain air. It all depends upon the constitutional peculiarities of the patient and the complications of his disease.

There is no little difference of opinion as to what kind of climate is best adapted for consumptive persons, some contending for warm, and others for cold temperature. As we have already intimated, we believe that no arbitrary rule can be laid down, too much depending upon the peculiarities of individual cases; it is generally understood, however, that a dry atmosphere and an even

temperature, neither too hot nor too cold, are the healthiest conditions. A locality possessing all these advantages is hard to find, and in seeking them the invalid is liable to run against other dangers. It is our opinion that in contemplating a change of residence for the benefit of the health, a person should seek a climate as near as possible like his native place, and yet possessing such peculiarities as may be beneficial in his particular case. It may not possess these peculiarities in so great a degree as some other localities, yet it will be safer for him than to run the risks of the objectionable features that are usually found in a radically different climate. If he goes far to the north of where he has been accustomed to living, it is more than likely that the increased severity of the climate will tell disastrously upon his already shattered constitution. If he goes to the mountain regions the want of home comforts, the rarefied air and the sudden changes of temperature will all be against him; if he goes to the south, which usually presents the most attractive features, he is liable to fall a prey to the dangers of a humid, malarial atmosphere and local epidemic disease. Every place ever advertised as a health resort has some objectionable features; features which often prove disastrous to the hopes and anticipations of health seekers. All these things tend to make the hope of attaining health by change of climate hardly less chimerical than the speculations of the ancients concerning the fountain of youth.

Doubtless many who have travelled to the ends of the earth in search of health might have found more favorable localities within a hundred miles of their homes; places that have never been known or advertised as health resorts. We were recently impressed with the importance of this fact by seeing a pamphlet advocating the claims of the city of Mobile and contiguous gulf coast as a health resort. Thousands of people have gone and still go there who would be far better at home. The climate is indeed mild and salubrious in the winter season, but there is always a great deal of malarial poison in those regions, and such epidemic diseases as yellow fever, peculiar to warm climates, often work fearful ravages. For an invalid from the north to go to such a place for health is, to say the least, a risky proceeding. We are satisfied that there are places nearer home better adapted for consumptives and those suffering with other diseases of the throat and lungs.

We know from practical observation that people afflicted with catarrh, consumption, bronchitis, asthma and other diseases of the throat and breathing apparatus suffer less and live longer, and that there are fewer deaths from the above causes in the fruit belt near the shore of Lake Michigan from St. Joseph to Petoskey than in any other locality in the world of equal extent and population. It may not seem clear at first sight why this should be a remarkably healthy region, but a little careful observation discloses the fact that it has many of the ele-

ments most favorable for this class of invalids with very few of the disadvantages. In the first place, a body of water as large as Lake Michigan must modify all northwest winds that pass over it, raising the temperature in winter and lowering it in summer. The temperature is, therefore, much milder as well as much more even than in the open country away from the lakes, and these are the first important requisites for a consumptive person. Sudden changes are the most disastrous. Then the soil, water and timber of this section are all in its favor. The soil is dry and sandy, and consequently the drainage is perfect and the water good. The timber is mostly pine and other resinous woods—a fact greatly in favor of people with diseases of the breathing apparatus. It would be far more sensible for people who have been brought up in northern climates to go to such a place as this (avoiding too close proximity to the lake as well as certain marshy sections where malaria exists) than to go to Florida or the gulf coasts, because the climate is more like what they have been accustomed to, and at the same time it contains all the desirable elements found in the south, without the objectionable ones. People who have been brought up in Michigan will find but few localities better for them than their native State, and to go elsewhere in search of either health or money is generally an unwise venture.

This article is not written with a view to pecuniary profit, neither have its sentiments been prompted by selfish motives. The sole object of its publication is the public good. We have not urged the claims of any particular place, and the section of country of which we have made favorable mention is a remote section, to which an influx of invalids would yield no personal advantage to us. But the hints that we have given, if properly considered and regarded, may be worth thousands, yes, millions of dollars to the invalids of this country. A large majority of the so-called health resorts have only obtained their reputation by being advertised in the interest of some railroad company or hotel, or for the general interest of towns that would otherwise be dead. Hundreds of such towns prosper on the money of invalids, who are deluded into wasting their substance at springs and other places of alleged healing virtue. These schemes are more successful in getting money from sick people without giving any benefit in return than all the "quack doctors" and "patent medicines" in the country.

Before closing this article we must warn the afflicted against another "scheme." We have noticed that when a "pathy" doctor is confronted with a disease that he cannot cure, he advises the patient to change climate, in order that he may thus get rid of the responsibility of the case. We are frequently called upon by people who have thus been kept moving from one health resort to another for years, by the advice of such doctors, when all they needed was a course of scientific treatment.

DRESS.

SOMETHING TO WEAR AND HOW TO WEAR IT.
REMARKS ON CORSETS, RED FLANNELS AND OTHER ARTICLES OF DRESS.

In reading the articles that have been written on this subject at various times, we are driven to the conclusion that many of the writers have entirely lost sight of the primary objects of dress; otherwise we cannot understand why they should give expression to such absurd sentiments. Dress has simply two objects, viz: *protection and appearance*. Those who write from the standpoint of fashion may forget the former; but those who write on the subject of hygiene nearly always overlook the latter, and carry the idea that appearance is of no consequence, seeming to forget that it was this that first suggested the idea of dress. It is useless to try to convince people that it makes no difference how they look, for the desire to appear well is an innate principle of the human mind which we find exemplified in barbarous people who dress for appearance rather than for protection, and no matter what some may say, it does make a difference how a person appears; the appreciation of beauty in nature and art is an elevating quality, and because the inordinate love of dress is a great evil, is no reason why people should be slovenly and make themselves disagreeable to look at. Therefore, in seeking to discover the perfect style of dress, the question of appearance as well as that of protection must be given due consideration. Having thus laid the foundation of our system, we must next consider how these objects can be attained without making the dress cumbersome and inconvenient. Some of the garments worn by the ancients were elegant and æsthetic and afforded physical protection, but they would be exceedingly inconvenient in modern occupations. A perfect style of dress must therefore fit reasonably close and must be made of such material as will furnish the greatest amount of warmth and protection in proportion to its weight. For this reason silk and woolen fabrics are better than cotton.

It is natural for us to look back and ridicule the foibles of past generations in the matter of dress, without considering how absurd the clothes that we now wear would appear to the people of those times; yet, making due allowance for the spasmodic aberrations of fashion, the modern tendency in dress is towards what is convenient, healthful, attractive and appropriate. We know that there is room for improvement, but we do not believe with other writers that the reform should be confined to woman's dress alone. Both from a hygienic and æsthetic point of view, there are just as many objections to the male as the female attire of these times; but the scope of this article will not admit of an enumeration of them all. We therefore confine ourselves to a few

special articles of dress, about which there are differences of opinion, awaiting a future opportunity to make further suggestions.

For a long time the corset has been the special object of condemnation by self-constituted and wholly incompetent critics. The mere consideration of the difference between the male and the female form convinces us that they require a radically different style of dress, and those who say that men dress for comfort and women for style, and intimate that a woman's garments should be suspended from the shoulders and hang loose about the waist, simply show their ignorance. When men suspend their clothing from the shoulders, they dress in the most easy and natural manner, because they are strong in the body from the hips up, and able to carry a weight on the shoulders with less inconvenience than in any other way. Women, on the contrary, are far more able to support a weight from the hips than from the shoulders, because they are strong from the hips down and weak from the hips up, and it would be as unnatural and injurious for a woman to support her clothing from the shoulders as it would be for a man to support his from the hips. Furthermore, from the fact that women are not proportionately so strong in the body, between the shoulders and hips, the muscles being thinner and smaller, in proportion, than men, it clearly follows that the corset is beneficial as a support, and it is especially beneficial from the support it gives to the bust when properly made. Women of masculine form may not find corsets necessary, but well-formed women are always benefited by their proper use.

SCIENCE OF THE CORSET.

The above assertions can be scientifically demonstrated, but it will only take a little observation on the part of the nonprofessional people to see their correctness and force. Every one knows that in those countries where women do a large share of the out-door labor they almost invariably carry burdens on their heads. Men nearly always carry weights on their shoulders. We learn from this that man is strong enough in the spine and muscles of the back and side to support a burden when the body is not erect. Women place the weight on the head in order to bring the weight in a direct line with the spinal column. In civilized countries women are never seen carrying weights on their shoulders; they will carry things on their hips, in their arms, or almost any way to keep the strain off the side muscles. The Indian squaw carries her papoose slung on her back in such a way as to avoid lateral strain, and who has not seen old women in cities carrying weights on their back and hips, such as kindling wood or marketing. All these observations prove that the male and female forms are different and adapted to different occupations, and require an entirely different style of dress. It no more follows that women should wear suspenders because men do, than that men should wear corsets because women do.

MASCULINE WOMEN AND FEMALE MEN.

There are women who wear suspenders, but they are usually masculine in their nature and aspirations; so there are men who wear corsets, but they are almost invariably effeminate in their looks and actions. They part their hair in the middle, disdain vigorous work and exercise, and show their femininity in various ways. We do not wish to be understood as trying to excuse tight lacing. Corsets should be made to fit the form, and should be just close fitting enough to give ease and support to the frame and form. We have reason to believe that a close fitting corset is as essential a part of a lady's trousseau as thick shoes and warm wraps. Women should lace, and lace every day alike; not tight for church or for a party, nor loose and slovenly at home; lacing tight one or two days in the week and not lacing at all the rest of the time, will prove injurious, like any other irregular habit; but a well-made corset, properly worn every day, will never injure any lady, young or old. We know that the old foggy doctor, with his owl-like look of wisdom, unhappy wives, and crabbed old maids, with their attenuated limbs, masculine waists and cork-screw curls, in dress reform convention assembled, will denounce us as ignorant, presumptuous quacks, but scientific knowledge will sustain our assertions.

A DRESS REFORMER'S CONVENTION.

That a sensible dress reform might be inaugurated with beneficial results, we will not attempt to deny; but we are tired of hearing a continual tirade against woman's dress, by persons who are absolutely ignorant about underlying principles. One of these reformers tells us, with a wondrous show of wisdom, that, unless a woman can expand her lungs by the inhalation of air so as to measure six inches more around the chest than when the air is exhaled, she is in an unhealthy condition and is injuring herself by wearing tight corsets. The absurdity of this proposition is apparent when we consider the real facts of the case. The truth is that very few persons, either male or female, can increase the circumference of the chest by the inhalation of air to the extent of three inches. It should be remembered, however, that women breathe much higher in the chest than men, so that corsets do not interfere with the respiratory organs, as many writers on the subject would have us believe.

DRESS REFORMERS ARE FEEBLE AND SICKLY.

We have been close and unprejudiced observers, and during a long practice have consulted with, examined and treated hundreds of ladies in every station of life. The most intensely weak and miserable ladies that we have met were those who wore red flannels and suspenders (no corsets), ate oatmeal mush, and bathed from four to seven times a week. There may be healthy ladies that adopt that kind of hygiene, but they are so scarce that we have not met a single one in our extensive acquaintance.

WEARING RED FLANNELS.

There are but two reasons for wearing red flannels instead of white, brown or gray. One reason is that it will not show dirt, the other is because the wearer believes it to be medicated. Now, it is impossible to so medicate a bolt of red flannel so that it will be adapted to every age, sex or disease. If it benefits some it will injure others, because medicine is injurious if the wrong kind be used, either externally or internally. Red flannel stains the skin, and the ingredients with which the fabric is colored, poison the blood of the wearer. While it is true that invalids sometimes get better immediately after putting on red flannel and leaving off the corset, it is equally true that they never get entirely well, only better, and that only for a short time. Now, if the red flannel brigade of feeble, nervous women, who suspend their clothing from the shoulders and discard the corset, will make a change in clothing, diet and habits of life they will be benefited thereby. For over twenty-five years the self-styled hygienists and dress reformers have had full sway, their instructions have been followed by many ladies, and the result is, that one meets everywhere an endless number of feeble, nervous, prematurely old women and girls, who are never well, but are constantly worrying and discouraging hygiene and heredity. Doctors are constantly asked: Is this healthy, is that injurious? To maintain their reputation they give a decisive answer, whether they know anything about the matter or not.

LADIES ARE AFRAID OF MEDICINE

Yet they make every meal of victuals, every cup of tea, milk, wine or water a dose of medicine, at the same time ever seeking and worrying about something to prevent or cure disease without the use of real medicine. Scientific hygiene is proper and beneficial, but that which is taught to the people, under the name of hygiene, is a delusion, and if practiced by ladies, young or old, will make or confirm them invalids or else nervous, weak and unhappy wives or old maids. Why? Because a woman should avoid every thing that weakens, worries or depletes. She should dress so as to be comfortable and attractive. It is not only her privilege, but her duty, to make herself attractive. We believe that the ladies of the present are not only more beautiful and attractive in face, figure and dress, but that they are more chaste and intelligent than during any other period. Enlightened woman can protect herself. During the past, woman was kept in ignorance until fathers, husbands and brothers thought it their duty to stand guard over female virtue and protect it with a club or shotgun. Now emancipated woman, although she cannot vote, can travel alone and unmolested from one end to the other of the American continent. There are millions of good men and pure women, and the women should be permitted to dress according to their own taste and natural requirements regardless of the opinions of ignorant critics.

SLEEP.

THE REST OF BODY AND MIND THAT IS INDISPENSIBLE TO HEALTH.

Without sleep no person, however strong and robust, can long retain good health. It is the most perfect form of rest that human beings can enjoy, and no other kind of rest or recreation can compensate for its loss. Those who can always sleep well have not much cause for apprehension about their bodily condition. And those who cannot sleep well should lose no time in seeking relief; for disease causes inability to sleep and the want of sleep aggravates the disease.

The time for sleeping, like the amount and kind of food to be eaten, cannot be prescribed by rule. From six to nine hours' sleep during the twenty-four is usually none too much. Brain workers usually need more sleep than manual laborers, on account of the greater change of tissue caused by mental exertion. Sleep answers the same purpose as food to a certain extent, as it retards the waste of tissue in the brain.

All the organs of the body and all the faculties of the mind are never in a state of perfect rest even in sleep. Changes of tissue, waste and repair of the body are always going on. The processes of digestion and assimilation still continue, and the heart and lungs never cease the execution of their respective functions. The brain is also busy with all kinds of erratic fancies, in the shape of dreams. Yet the rest obtained is sufficient to refresh and invigorate the whole system, and fit it for the cares and labors, and the mingled feelings of hope, joy and sorrow of another day of life.

Every person should be careful to obtain a proper amount of sleep. The hours for sleep should be devoted to that purpose entirely. Many people pass enough time in bed, but do not get much refreshing sleep, because they carry the cares and studies of the day into the hours of repose. They keep their minds busy studying and planning when they should be asleep, and when such a habit is once formed it is hard to overcome. It is well to cultivate the habit of releasing the mind from all active thought when the hour for retiring comes.

THE EMOTIONS.

In addition to controlling the voluntary actions, different states of the mind exercise a powerful influence over the secreting and excreting organs of the body that act involuntarily. Some of the most complicated and intractable ailments that a physician has to combat are due to emotional influences. Anger, remorse, disappointment in love or business, intense anxiety and fear, are emotions that often tend to derange the secretions, nerve centers and circulation, and thus induce disease. In the opposite direction, those conditions of mind that inspire hope, delight, love and confidence always conduce to a healthy co-operation of the physical and mental powers to maintain the

vital forces and resist the attacks of disease. Such a cheerful, happy and hopeful disposition will sometimes carry a patient through a critical juncture, which he could never survive if held under the influence of depressing emotions. In other cases of lingering, chronic disease a patient with a happy disposition will recover, while one of a despondent nature will gradually sink and die. It is therefore best, for health of body as well as for peace of mind, to accept philosophically, all the vexations and disappointments of this life. We know it is easier to give this advice than to follow it, but by assiduously cultivating a cheerful disposition we can learn to worry less over life's trials, and enjoy its blessings more.

ATMOSPHERIC ELECTRICITY.

There is always more or less electricity in the atmosphere, but the amount varies considerably at different seasons of the year and at different hours of the day. From this we can understand why the changes in the weather so often affect persons suffering from nervous diseases, headache, rheumatism, neuralgia, etc. We often hear people complain that these diseases troubled them worse about from ten to twenty hours before a storm; which can be logically accounted for when we understand that at such times there is nearly always less than the usual amount of positive electricity in the atmosphere.

It has been found from a long series of observations that the amount of positive electricity in the atmosphere is greatest at about 9 A. M. and 6 P. M., and least about 3 P. M. and from 9 P. M. till just before sunrise. The lack of electricity in the atmosphere about the middle of the afternoon is probably the reason why people so often feel stupid and depressed about that time.

There is also more positive electricity in the atmosphere in the cold season of the year than in the warmer months.

It is altogether probable that what seem like capricious changes in our mental and physical conditions are often produced by the influence of atmospheric electricity. In the forenoon, when there is the greatest amount of positive electricity in the atmosphere, we generally can work best. We are told that more people die between midnight and sunrise than at any other time of the day or night. These are the hours when there is the least amount of positive electricity in the air. The yearly maximum of electricity occurs in January and December, and these are the months which, according to popular experience, are the best for study. The yearly minimum of positive electricity occurs in July and August, the months usually devoted to recreation, and during which there is the greatest tendency to languor and general depression.

We might elaborate this interesting subject to the extent of a long article, but we have only space here to throw out these few ideas as original starting points for popular thought.

VENTILATION.

THE NECESSITY OF PURE AIR.—HOW IT MAY BE SUPPLIED.

As we shall describe in the article on THE LUNGS, page 72, all the air that is exhaled from the lungs in the act of respiration, is loaded with noxious gases, the products of decomposition. This makes it absolutely necessary that the air should be constantly renewed in all apartments used for living purposes. It is estimated that 20 cubic feet of air will pass through the lungs of one person in an hour. In order to render this air safe to be used again, it must be diluted with about 25 times as much pure air. Thus we conclude that one person will vitiate about 500 cubic feet of air in one hour, or as much as would be contained in a room or compartment 10 feet long, 5 feet wide and 10 high. Therefore a family of five persons, occupying an ordinary sized room, say 16 feet square and 10 feet high will vitiate all the air and render it unfit to breathe in the space of one hour, if the room is perfectly close. As we have shown on page 72, the deleterious character of the air that is exhaled from the lungs is due to the excess of carbonic acid; a fire or light, therefore has the same effect in vitiating the air for breathing purposes as the act of respiration itself, because the fire consumes oxygen and produces carbonic acid.

It is estimated that a pound of oil in burning consumes the oxygen of 13 cubic feet of air, and a cubic foot of gas in burning consumes the oxygen of ten feet of air. Gas lights vitiate the air more than lamps, because in addition to the carbonic acid, they frequently throw off sulphurous fumes and other noxious gases. In considering the ventilation of a room, we have therefore, to notice the lights and fires that are used as well as the number of occupants.

The vitiated air from a stove, grate or furnace, passes up the chimney with the heated current and fresh air enough to supply its place, will find its way into any ordinary room, no matter if the doors and windows are all closed, but the carbonic acid exhaled in respiration, and generated by the burning of lamps, remains to vitiate the atmosphere of the room, making it necessary to provide a way of escape for foul air as well as a means for the introduction of a fresh supply.

In many large establishments ventilation is now effected by mechanical means, such as pumps and revolving fans, and in other cases the heating and ventilating apparatuses are arranged to operate in combination, but as these pages are intended for the practical instruction of the general public, we shall pass over such methods and appliances as are only available in particular cases, and confine ourselves to such suggestions as may be valuable to all our readers.

Nature effects the ventilation of the earth by currents of air caused by different degrees of temperature, and it is by utilizing the law of expansion by heat that all ordinary dwellings must be ventilated. Heated air being lighter than cold air, always ascends;

for this reason a room supplied with artificial heat is always much warmer at the ceiling than at the floor. In a room of ordinary temperature the heated breath from the lungs immediately ascends. This naturally suggests an opening for the escape of the foul air near the ceiling, and there is probably no better arrangement than to have a small flap in the chimney near the top of the room. A simple device of this kind can be made with but little trouble. It should be arranged to open inward so as to act by the draught of the chimney and prevent the escape of smoke. In an ordinary sized room with a few occupants, enough fresh air will usually find its way in if the doors and windows are not unusually tight. In cases where it is necessary to have a special aperture for the admission of fresh air the principal care should be to avoid draughts. For this reason it is not a good plan to open windows. If possible, the air should be first admitted into a hall or side room, but if this is not convenient it can be introduced behind a screen or curtain. In an ordinary sized room with but a few occupants there is not much danger of the air becoming seriously vitiated although there may be no provision for ventilation except a stove, grate or fireplace, the bad air finding its way out through the chimney; and when we take into consideration the usual opening of doors in passing to and from a room, it would seem that there could be but a small chance for accumulation of foul air. Yet it is always best and safest to make provision for thorough ventilation. The danger from coal stoves, leaking gas, etc., is thus greatly lessened, and it will not so often be found necessary to raise the windows when there are an unusual number of persons in the room, thus exposing some one to the danger of cold.

HEALTH HINTS.

A FEW BRIEF BUT VALUABLE SUGGESTIONS FOR THE PRESERVATION OF HEALTH.

Good nourishing food, pure water, pure air, comfortable clothing, refreshing sleep and freedom of exercise are the demands of the physical nature. Whoever can enjoy all these is in perfect health; and whoever has them all to enjoy is as fortunate, so far as the possession of the genuine comforts of life is concerned, as those who are clad in "purple and fine linen, and who fare sumptuously every day."

REST AND SLEEP.

Both mind and body must have a proper amount of rest. Those who are strong may resist the requirements of nature for a time, but in the end they must suffer the penalty. Sound refreshing sleep is the inseparable companion of robust health, industrious habits and a clear conscience. If it cannot be obtained without the use of drugs, there is some serious derangement of the system that demands immediate attention. We often hear of people dying from overwork; in nine cases out of ten it would be more nearly correct to say the victim died from

dissipation or want of rest, than from over-work. A person who sleeps at night and rests one day in seven, can work as hard as he pleases without much danger of injuring his health, and he will accomplish more than the man who works night and day and Sunday. Many people worry about their business or occupation during the time that should be devoted to rest, and are consequently unfit for business during business hours. They thus wear themselves out without accomplishing as much as others perform with ease. Then there are others who spend Sundays in dissipation, so that they feel less fit for work when they commence Monday morning than when they quit Saturday night. To all healthy persons we say: Don't be afraid to work; work hard if necessary, for work will not harm you if you rest during proper hours and avoid dissipation.

CONTROL OF THE APPETITE.

As we have stated in the article on DIET we do not believe in the starvation idea so assiduously inculcated by certain writers on hygiene; we believe that every person should eat enough to satisfy the demands of a normal appetite. We do not mean by this to excuse gluttony or the indulgence in articles of food and drink that are not necessary to the nourishment of the human system, and therefore injurious. The dainties and delicacies of the caterer are not to be sought after by those who would enjoy good health and a long life. The best diet is simple, pure and nourishing. The rich pastries and condiments that delight the taste of the epicure, do not contribute to the strength and health of the system.

Alcoholic liquors and tobacco are entirely unnecessary and useless so far as the nourishment of a healthy organism is concerned. In many cases they are injurious even when used in small quantities. It is not necessary for us to speak of the terrible effects of drunkenness, as they are apparent to all. We therefore leave every reader to judge for himself whether it is best to indulge or not.

SANITARY PRECAUTIONS.

Look out for the poisonous exhalations from decaying vegetable and animal matter and from bad drains, open sewers and neglected cellars. Never allow cabbage, potatoes or any other vegetables to rot or decay in the cellar. Look out for red-hot stoves and furnaces. When a stove or furnace is heated to redness it vitiates the air that comes in contact with it. Do not have such a horror of flies and faded carpets as to shut all the air and sunlight out of your rooms.

JUDICIOUS EXERCISE.

The entire neglect of physical exercise at times and the violent and spasmodic indulgence at others is the reason why many people of sedentary occupations are not strong and healthy. Exercises should be regular and carefully modified according to one's strength and the nature of his occupation. To be most beneficial it should be taken out of doors and in the sunlight, and be so mild as not to cause exhaustion or fatigue.

HOW TO DRESS.

Common sense is all we need to guide us in the matter of dress. But there has been as great a lack of common sense displayed by the superficial critics who write on this subject, as by the devotees of fashion. Clothing should, of course, be adapted to the condition and occupation of the wearer; and while it can not be disputed that this rule is often disregarded, we are not disposed to find much fault with the prevailing customs, for we believe the general tendency is toward the supremacy of good taste and common sense over the edicts of fashion.

DRINKING WATER.

Impure water is often the cause of ill health, and contrary to popular opinion, such cases are more frequent in the country than in cities. In cities the water supply comes through a general system of works, and as the interests of the whole population are involved, it is generally kept pure and wholesome. In places where wells are depended upon, the water is often tainted and poisoned by impurities from the surrounding soil. The water of many great cities, especially where it is obtained from rivers, has a dirty appearance that would shock those not accustomed to it. Yet it may be more wholesome than the water of many wells that are perfectly clear. The discoloration of river water usually arises from the character of the soil in the bed of the river, and not from any poisonous or deleterious accumulations. There is no absolutely pure water to be found in nature; it is all mixed more or less with foreign elements, and it can be surcharged with some of the most deleterious substances without losing its transparency.

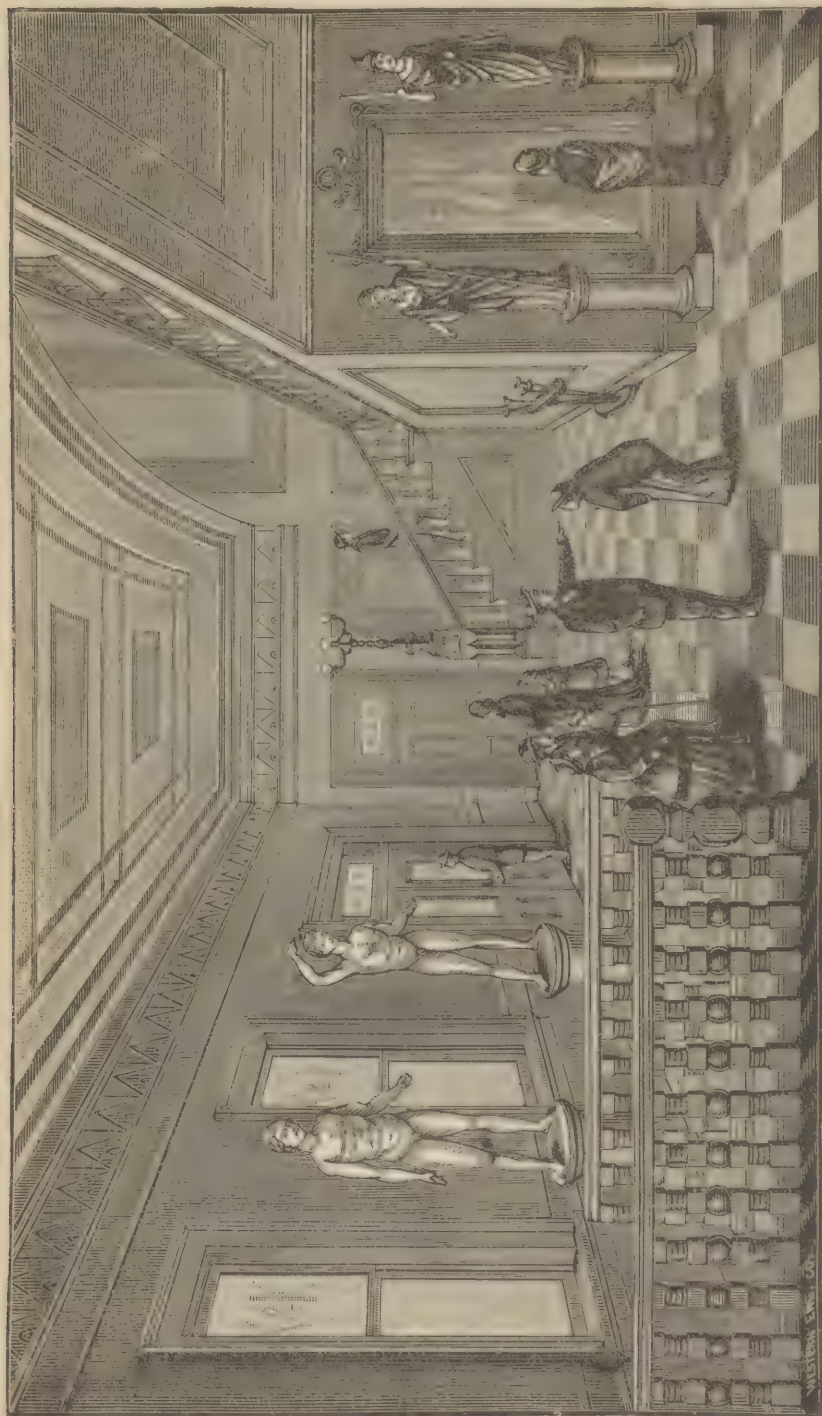
PRESERVATION OF FOOD.

All articles of food should be prepared and taken care of by responsible persons. Carelessly preserved meats and other articles of food often contain the germs of disease, and should be avoided. Fruits and vegetables that have commenced to decay, or that have a dried-up or shriveled appearance, should never be purchased because they are cheap, for they often cost dear in disease and death. Great care should be taken in the preservation of milk, as it has great power of absorbing poisonous exhalations, and is often the cause of fatal diseases.

THE PROPER USE OF WATER.

Bathe often enough to keep clean, just as you eat often enough to satisfy hunger. Do not think that it is necessary to bathe every day to "open the pores of the skin," as some writers would have us believe. Our bodies are made to live in air, and in air their functions are all properly performed. If the continued action of water were necessary to keep us in proper condition, we would have been made to swim like fish.

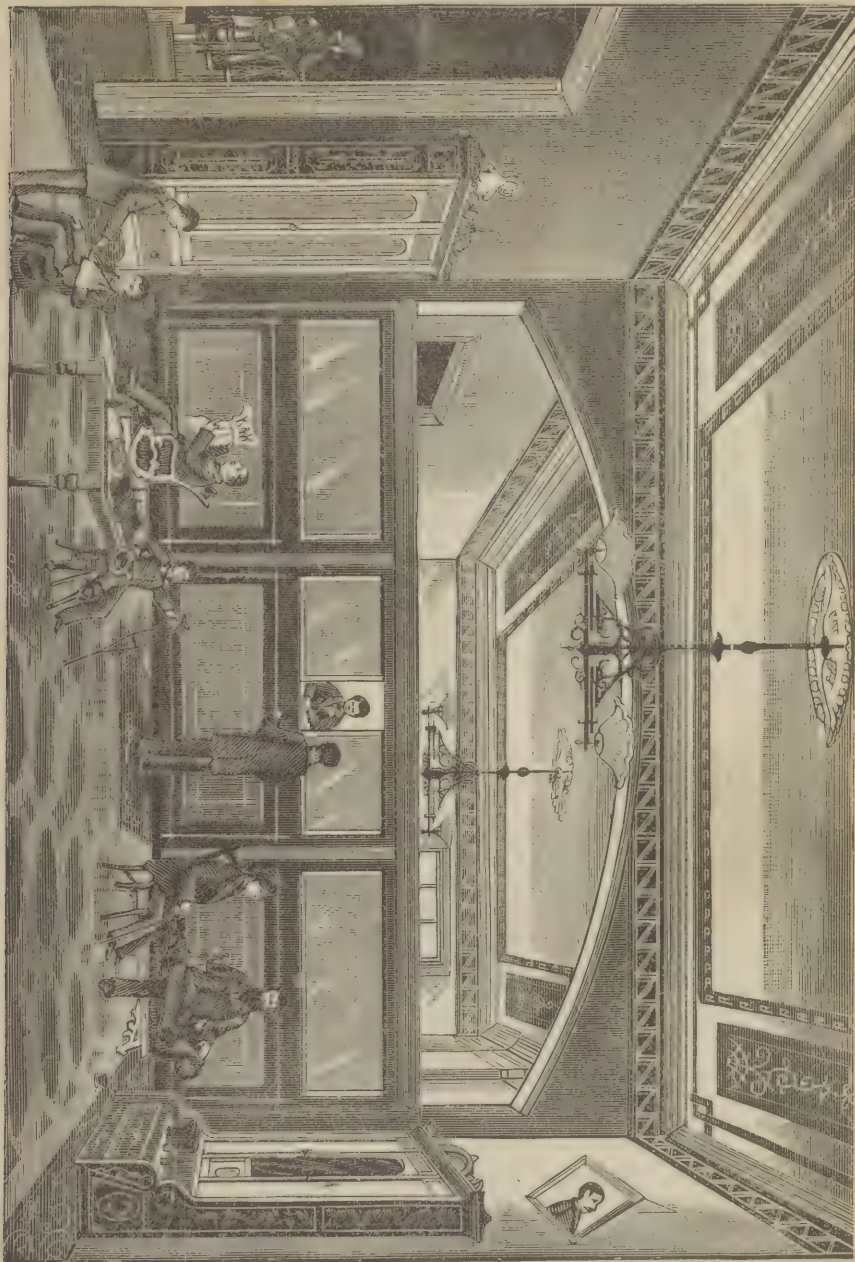
In conclusion let us say that those who follow the dictates of calm reason in questions of hygiene will not be likely to go far astray. The instincts of nature when unperverted, are usually correct.



VESTIBULE AND ENTRANCE TO THE OFFICES OF THE NEW METHOD CURE ESTABLISHMENT.

WILSON & CO. N.Y.

RECEPTION AND WAITING ROOM FOR GENTLEMEN. Gentlemen who desire to consult us personally, are requested to walk right into the waiting room and "make themselves at home." You will find books and papers on the tables, and everything comfortable and attractive. A great number of gentleman call at our offices every day on bus-

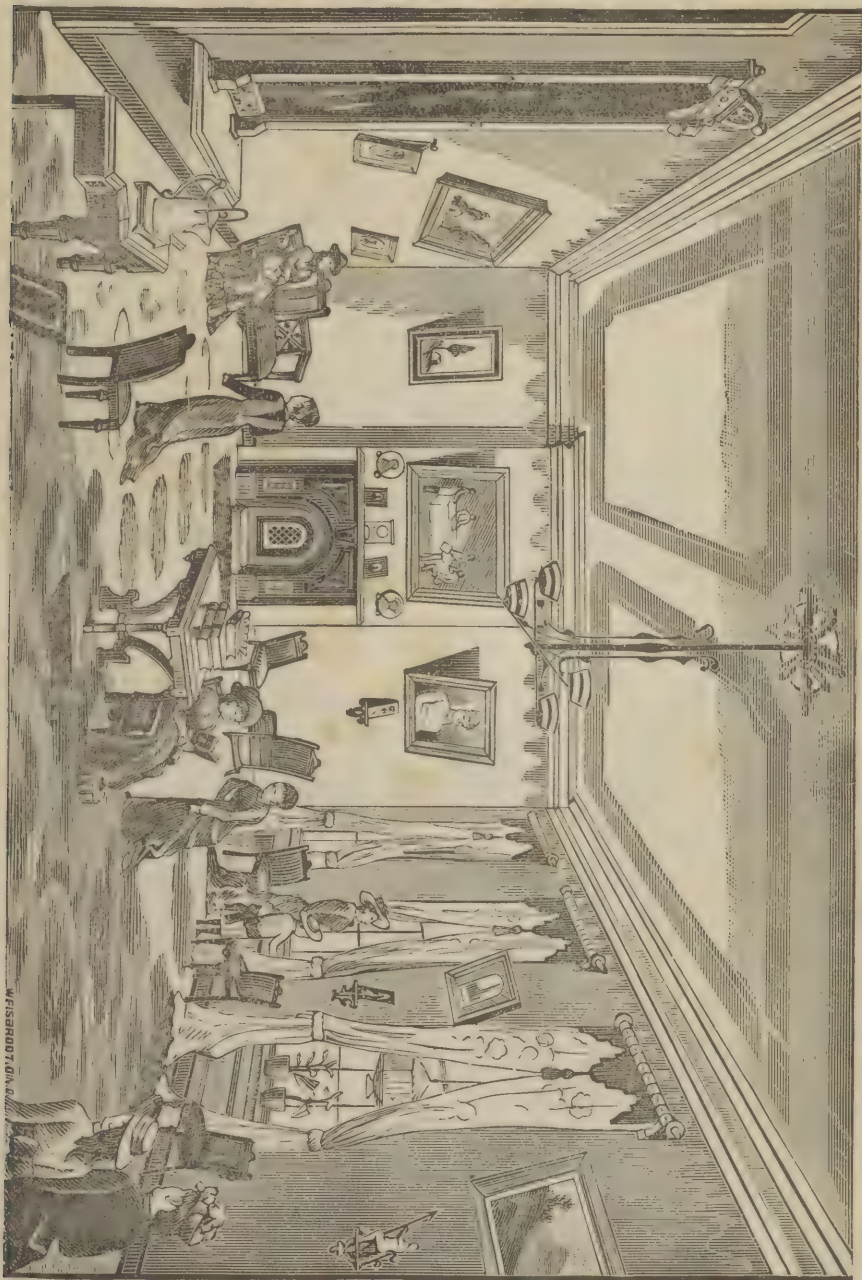


iness, besides those who come as patients, so no one will know whether you come on business or for treatment. We are always pleased to talk with persons who are afflicted with disease in any way, or who have friends that are afflicted, whether they desire treatment or not. Those who desire to consult us and cannot call, are requested to write. See page 4.



LADIES' PARLOR AT THE OFFICES OF THE NEW METHOD CURE ESTABLISHMENT.

RECEPTION AND WAITING ROOM FOR LADIES. Ladies who call at our establishment for consultation, treatment or advice, will find everything neat and home-like. Lady attendants in waiting, and everything at hand that can contribute to the comfort and convenience of callers. We are always glad to see our patients, and like to have



them call whenever they find it convenient, but those who cannot come will receive just as much care and attention, and the same skillful treatment. Long experience enables us to treat chronic diseases by correspondence with unvarying success, and we invite those who cannot call in person, to write, describing their condition in plain language. See page 4.

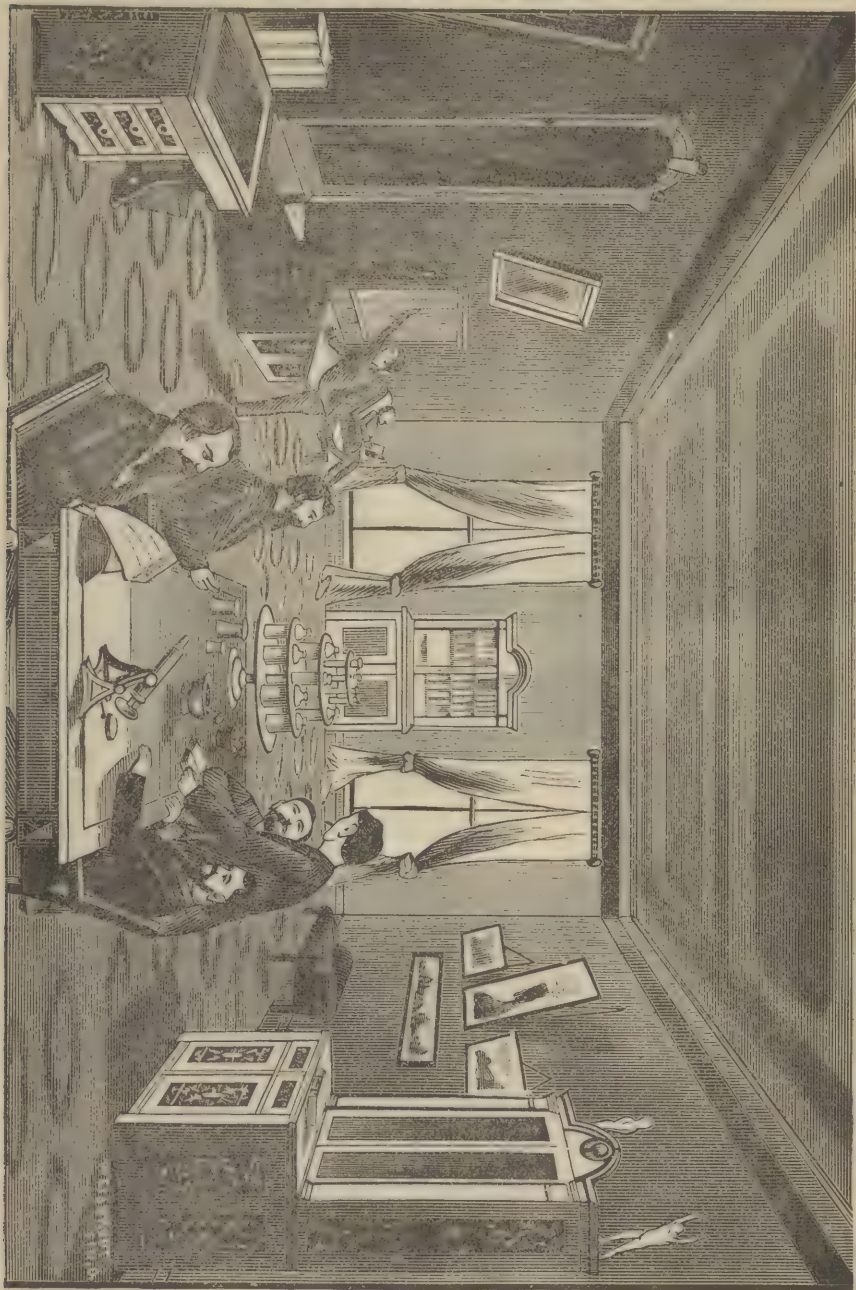


GENTLEMEN'S WAITING ROOM.



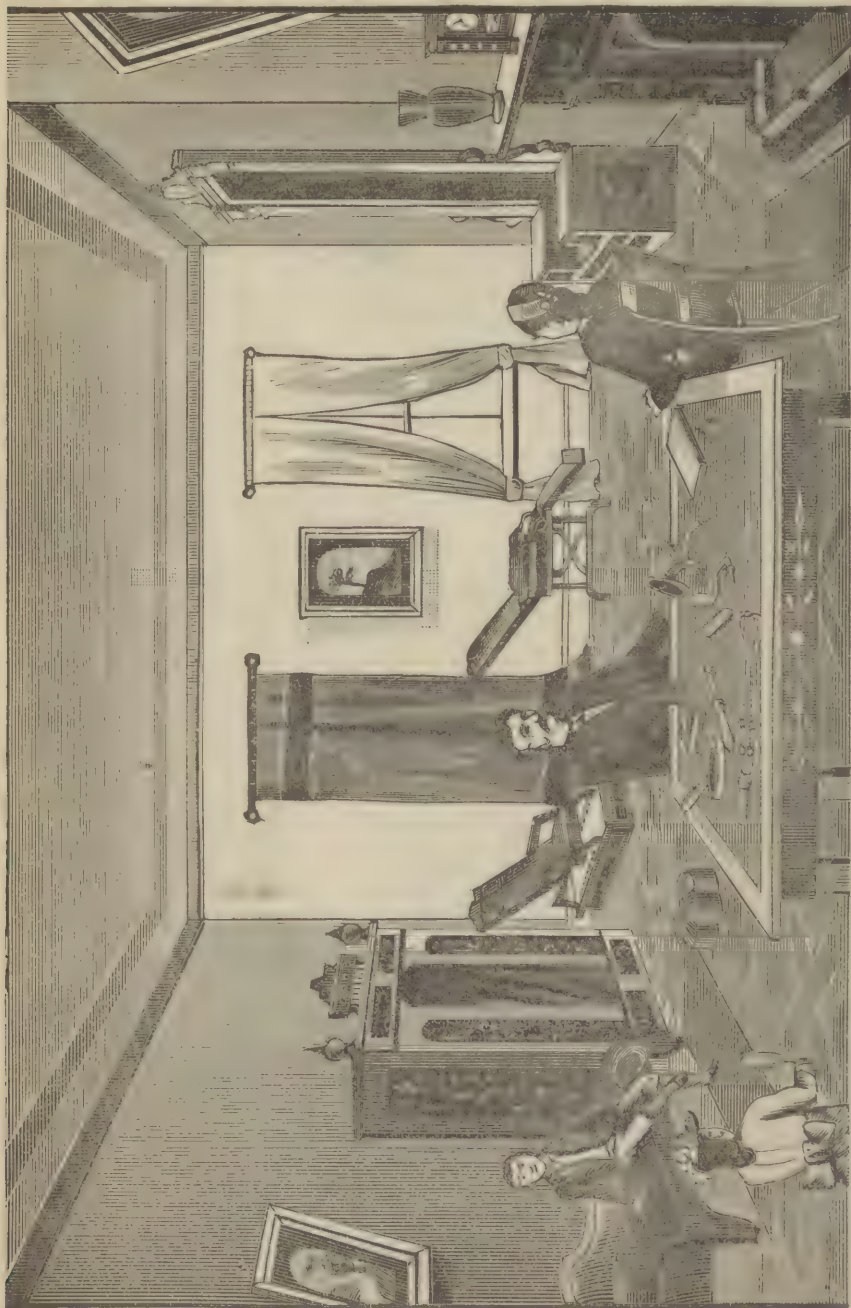
CONSULTING AND PRESCRIBING ROOM.

COUNCIL ROOM AND ANALYTICAL DEPARTMENT. The faculty engaged in the consideration of special cases, and in making analytical, chemical and microscopical examinations. This department is for the critical investigation of obscure and obstinate cases. Every member of our faculty gives his opinion, and the council is continued



until a satisfactory conclusion is arrived at, as to the nature, extent and curability of each case under investigation. Invalids who so desire, can thus have the opinions and services of all the physicians composing our medical staff. A reasonable fee will be charged as compensation for the time of each physician engaged in the consultation. See page 4.

DEPARTMENT FOR DISEASES OF WOMEN AND CHILDREN. This department is supplied with everything necessary to the successful treatment of delicate cases. In the treatment of diseases peculiar to women, we dispense with the usual objec-



tionable features and adopt common-sense methods instead. We treat children with tenderness and care. We never torture or frighten them, but win their confidence by kindness. Invalid ladies are always among the first to appreciate our New Method Cure.

DEPARTMENT FOR HEART AND LUNG DISEASES. Supplied with all the best instruments and appliances, by the aid of which the skillful specialist is enabled to make a correct diagnosis and furnish successful treatment. If you have any reason to suspect any disease or derangement in either of the above important organs, call or write at



once. If you cough or have weak lungs, asthma or bronchitis, do not lose time experimenting; if you have palpitation, suffocation or any sign of heart disease, do not risk delay. Read article on CONSUMPTION, page 75, and on THE HEART, page 94. See also, page 4.

EYE, EAR, THROAT AND HEAD DEPARTMENT. We cure diseases of the eyes and ears and defects of sight and hearing by our New Method treatment, without the silly and torturing operations that are often performed by Eye and Ear surgeons, solely for notoriety. Free clinics have been the curse of the worthy poor, because they are butchered



or experimented upon by men as destitute of honor as they are of medical or surgical skill. If your hearing or sight is failing; if you have weak or inflamed eyes; ringing, roaring or noises in the ears; or any unnatural feeling and partial loss of sight or hearing, you should lose no time. Read treatise on **THE EYES**, page 155, and **THE EARS**, page 158.

Cross Eyes, Strabismus. Many persons, both young and old, are disfigured with cross-eyes and other defects of vision which might be easily remedied. An operation is not always necessary, as some cases are dependent upon affections of the brain and nerves, and can be cured by constitutional treatment. Where operations are necessary our experience

Cross Eyes Before Treatment.



Result of an Unskillful Operation.



Cured by the New Method.



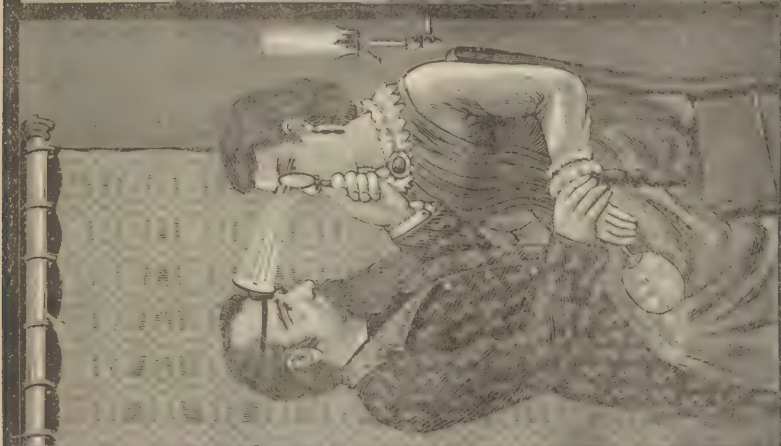
These illustrations are descriptive of the cases of Mr. and Mrs. Swayne and their little boy. The first and second illustrations represent them as they were before consulting us, and the third shows their improved appearance after undergoing our skillful treatment. A fortunate circumstance directed them to us, after they had almost ceased to hope for relief, with the above happy results.

ed surgeons perform them quickly and skillfully, with the least possible amount of pain and inconvenience. After a long and extensive practice we challenge the world to show a case where any bad results have followed any of our operations. For further information and reports of cases cured, see article on DISEASES OF THE EYES, pages 155 to 158.

If you have any disease of the eyes or ears, beware of the so-called oculists and aurists who claim to be *skillful operators*, and profess to cure by cutting and stitching. These men ruin more eyes and ears by their bungling and useless operations in one year than they cure in ten. Most of the diseases of the eyes and ears, and in fact, nearly all the diseases to



Our method of examining the ear with the otoscope and speculum, bringing into view the deep hidden recesses. See page 158.



Our method of examining the anterior half of the eye-ball by oblique illumination and powerful lenses. See page 155.



Our method of examining the interior of the eye with French Ophthalmoscope and Lenses. See article on THE EYES, page 155.

which the human frame is subject, can best be cured without surgical operations, because nature has provided remedies for all these ailments, and the surgeon's knife, as a rule, should only be resorted to in case of accident. But if you go to the ordinary eye and ear

doctor, he will almost invariably want to operate, no matter what your disease. We have known many cases where persons who consulted noted oculists, have been induced to have an eye taken out and an artificial one put in its place, when a little skillful treatment might have cured the diseased eye and saved the sight. The unscrupulous oculists often

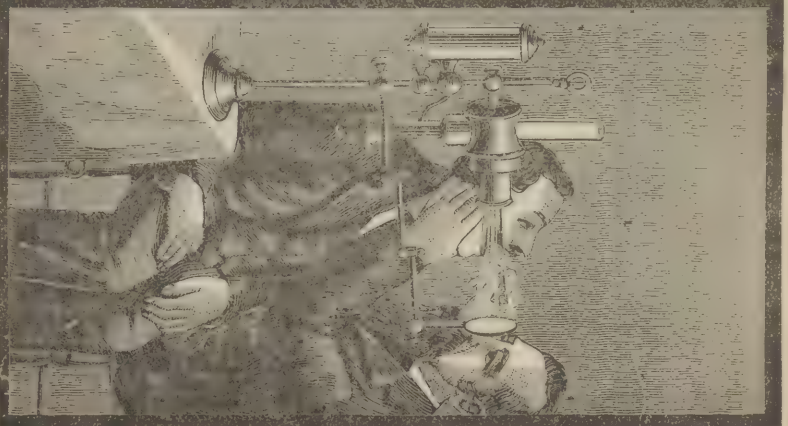
Our method of examining the middle-ear and Eustachian tube with differential otoscope. See page 153.



Our method of examining the cavity of the drum, when the Eustachian tube is closed by inflammation of the membrane.

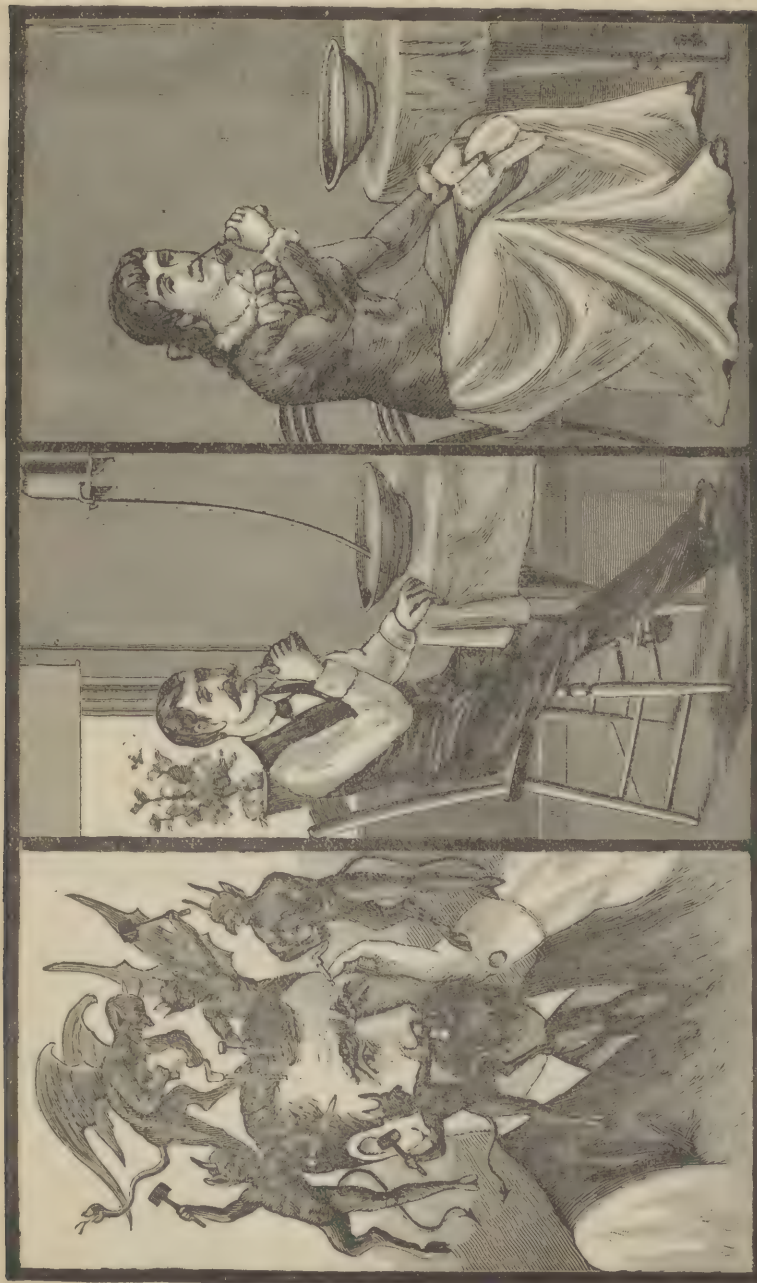


Laryngoscope examination of the throat in Deafness, Catarrh and diseases of the bronchial tubes. See page 158.



tell patients that an eye is incurably diseased, because they get an exorbitant price for taking it out and substituting a glass one, and also advertise themselves by such operations. Any one can put out an eye, but it requires skill to cure the disease and save the sight.

Catarrh. We treat and cure catarrh of the nose, either moist or dry; catarrh of the throat, stomach and bowels; catarrh of the womb, kidneys and bladder; either at the office or by mail and express. Catarrh, if neglected, is almost sure to go to the lungs and cause consumption, or to the ears and cause deafness, or to the eyes and impair the sight, or to the



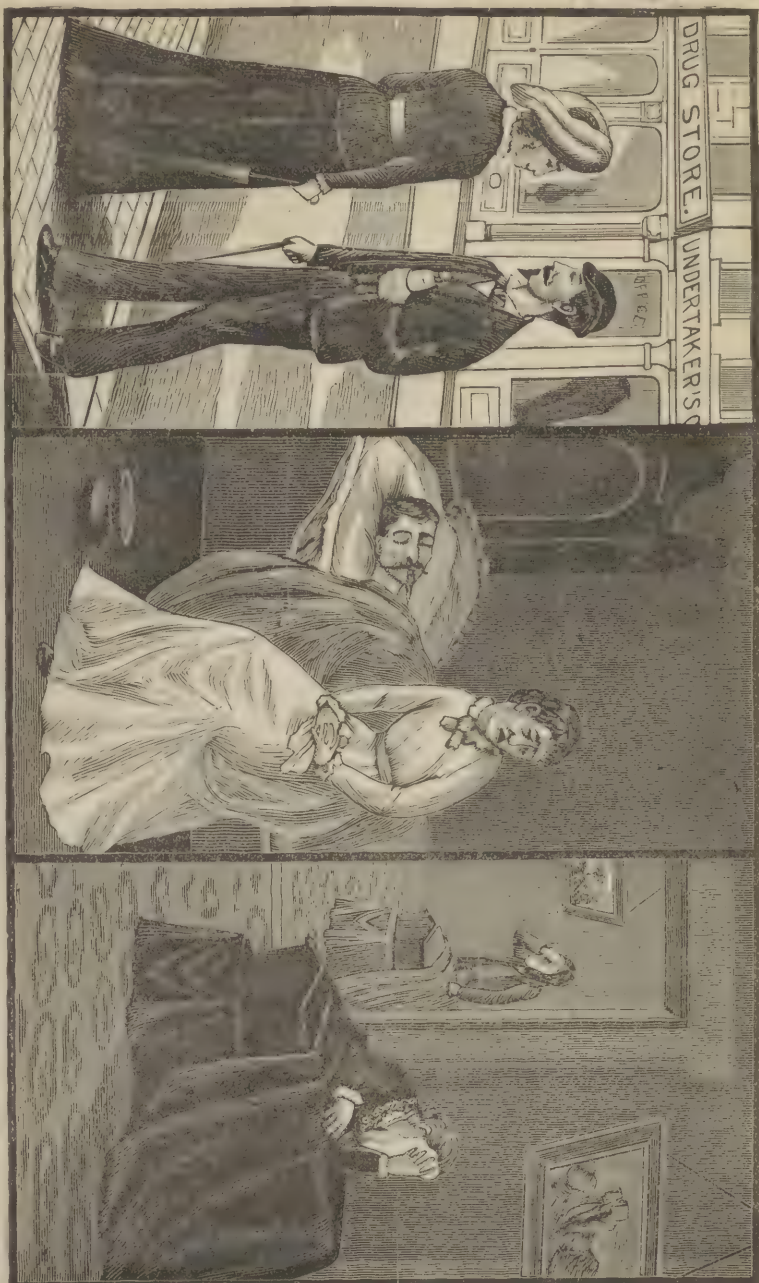
The Tortures of Catarrh.

The first part of the above engraving is an apt illustration of the torments that the victims of catarrh often endure. It is a common occurrence for persons afflicted with bad cases of catarrh to complain of boring pains about the eyes and in the temples; sensations as of nails being driven in the head; of plugs in the nose and of a board being pressed against the forehead. We have relieved many from this terrible condition by our New Method treatment, which we send by express to patients in all parts of the country. See pages 88 to 94.

brain and affect the memory. If you have a bad breath, or discharge from the nose or down the throat, and are constantly hawking and spitting, you should at least regard the comfort of those with whom you associate by seeking a cure, for a person afflicted in this way must necessarily be offensive to others, and when a cure is possible it should be sought for.

Consumption. If you have any disease causing soreness in the lungs or throat, shortness of breath, cough, expectoration, a feeling of dullness, languor and fatigue, pains under the collar-bone, discharges of blood from the lungs, hoarseness, difficulty in breathing, unnatural redness of the cheeks, a feeling of constriction in the chest, discharges of blood

The Consumptives.—Scene 1st.—Going to and returning from the drug store; they try Cod-Liver Oil, Malt and Syrup of Hypophosphites; they grow worse and travel to distant health resorts. Scene 2d.—Dying away from home. Scene 3d.—Going home from the health resort. Doctors who do not know how to treat consumption successfully in its incipient stages, certainly do not know what climate will be beneficial after the disease becomes firmly established, yet when they find their patients dying on their hands they invariably advise a change of climate. The advice of such doctors should not be heeded, for it is better to die at home than among strangers. See page 4.



from the lungs, chills, fever, night sweats or any other symptom characteristic of a diseased condition of any of the respiratory organs you may know that you are in imminent danger of death from consumption, and every day you neglect proper treatment lessens your chances of recovery. For further information see treatise on CONSUMPTION, page 75.

Blood and Skin Diseases. It is absurd to take treatment for the blood indiscriminately and without regard to the character or origin of the disease. Skin diseases are not necessarily the result of bad blood, and it is not only foolish but injurious to take "blood medicine" for a merely local affection. We cure all these diseases by our New Method treatment



Skin Disease Aggravated by Improper Treatment.

The above illustrations represent the cases of Mr. P. O. Wilson and his little boy. Mr. W. had been troubled with the disease for eight years, and the child had been affected from birth. A great many remedies had been tried, but the most of them seemed to be injurious, rather than beneficial, as both patients were worse when we were consulted than ever before; yet they were cured by the New Method.

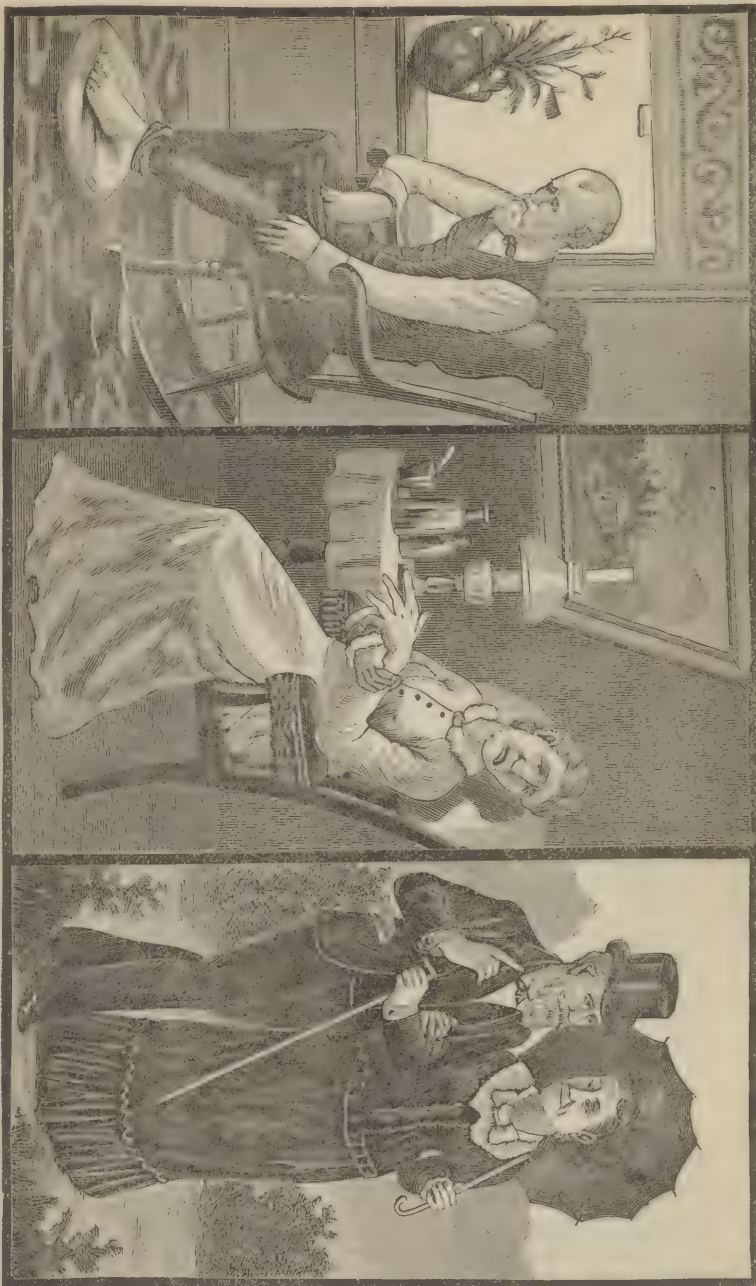
applied according to the nature of the malady and the special requirements of individual cases. Do not experiment with baths, springs and so-called "blood specifics," because some one else has happened to be cured by such means; if you do you may expect to be disappointed. See articles on THE BLOOD AND SKIN, pages 135 to 141. For treatment see page 4.

Rheumatism. This painful disorder is of a constitutional character, and results from a diseased condition of the blood. There are thousands of "sure cures" recommended to every person who has rheumatism, but they all fail, because there are so many forms of the disease that there can be no positive remedy for all cases. We have no remedy for

Suffering the Tortures of Rheumatism: Trying "Liniments" and "Sure Cures."

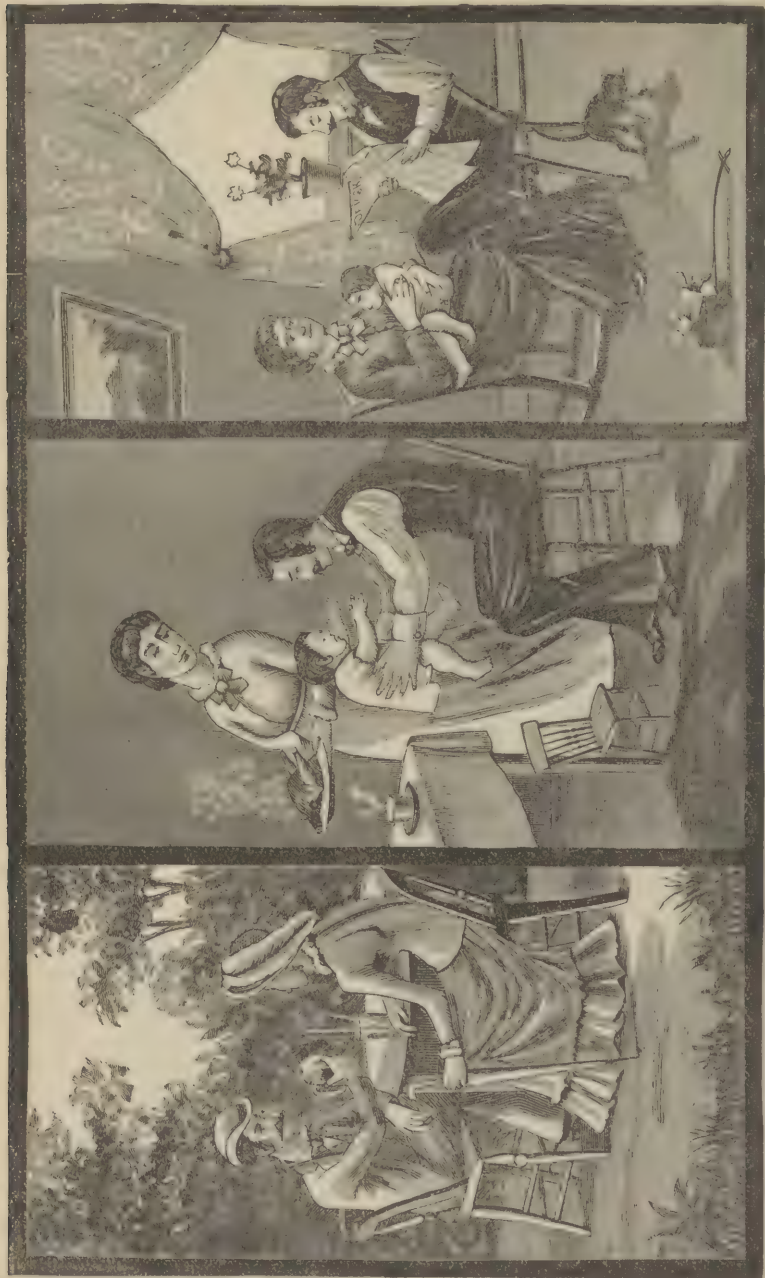
Almost every person we meet has some "cure" for rheumatism. You have only to say that you have rheumatism and you will hear of so many "sure cures" and "liniments" that you will not know which to try first; but you may try them all in succession without getting any benefit, because there is no specific remedy for this disease. It can only be cured by treatment adapted to each particular case.

Cured by the New Method.



Rheumatism, but we cure every case we undertake by treatment adapted to each patient's individual condition. Our scientific treatment for all forms of this disease can be furnished by mail and express on receipt of a written description of the patient's condition. For particulars see page 4. See also article on RHEUMATISM, and reports of cures, page 123 to 125.

Dyspepsia. Persons who have dyspepsia and liver disease are morose, irritable and uncivil. They are not only constantly miserable themselves, but their sour and disagreeable manners make it unpleasant for all with whom they come in contact. They will say and do unjust and unmannerly things, which they would never think of saying or doing if



Trying to get an Appetite.

When the liver, stomach or bowels are out of order you never feel well, sleep well or enjoy a meal. Under such circumstances life is not worth living. Then why do you continue to experiment with patent medicines? Why do you persist in making yourself miserable by starving yourself or living on Graham bread, oat-meal mush, etc., and drinking warm water? Why do you waste your money for liver pads, belts, etc., that only inconvenience and vex the wearer? Leave all such remedies to the ignorant, and try the New Method Cure.

A Good Meal Without Relish.

Cured by the New Method.

they were in good health. Get cured, and do not be a burden to yourself and your friends. Diseased livers, dyspeptic stomachs and constipated bowels often lay the foundation of fatal maladies. Delays are dangerous. See article on THE DIGESTIVE ORGANS, page 103. "Dyspepsia cures" and "Liver regulators" are worthless in ninety-nine cases out of a hundred.



DEPARTMENT FOR COMPLICATED CHRONIC DISEASES.



DEPARTMENT FOR SPECIAL DISEASES.

Nervous Debility and Prostration. For complete information and instruction in regard to all special diseases of Men and Women, resulting from indiscretions, overwork or dissipation, we refer the reader to Parts II and III of this work. Part II is devoted to subjects of special interest to men, and should be read carefully by every man, young, middle-



Nervous Debility and Prostration, Mental Gloom and Despondency.

Cured by the New Method.

How silly to expect a cure to result from the wearing of an electric belt, or other device, alone, or by the use of baths. There are three different stages and a hundred different complications of the disease, and how can one article cure them all? We treat, to cure, and we guard well the confidence of our patients, communicated to us in person or by letter. For particulars in regard to treatment, see page 4.

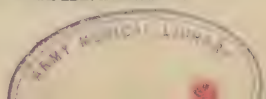
aged and old, married and single. Part III is devoted more particularly to diseases peculiar to the female sex, and to subjects relating thereto. It is a book for ladies, young and old, and the information it contains is of equal value to all classes and conditions. These books are published in pocket form, and either one will be sent sealed for three 2c. stamps.



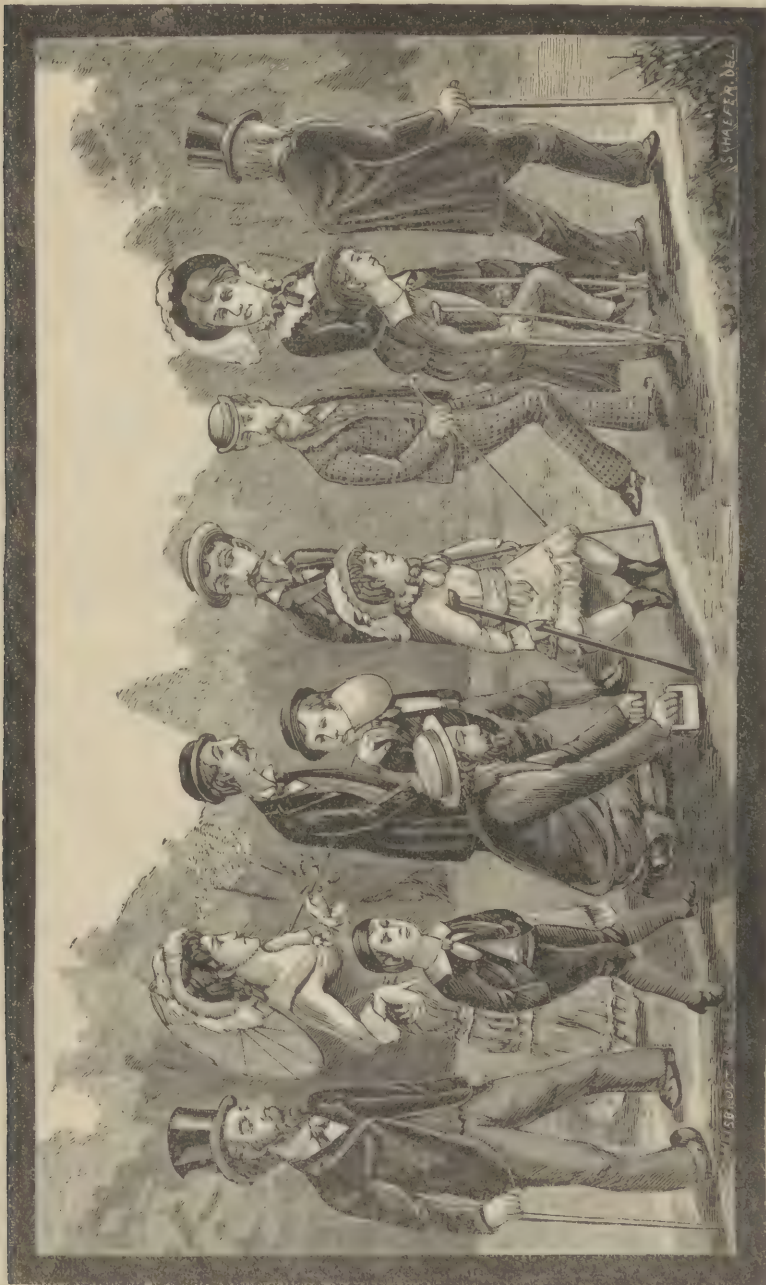
DEPARTMENT OF NERVOUS DISEASES.



SURGICAL, TRUSS AND INSTRUMENTAL DEPARTMENT.



Those who have always been blessed with good health, and whose lot has been cast among others as fortunate as themselves, have but a very imperfect conception of the suffering, annoyance and mortification endured by those whose lives are blighted by bodily defect, deformities and disease; and very few indeed, except those whose business it is to attend to



As our artist has here portrayed, we are consulted daily by the crippled and deformed, and by those who have been reduced to mere skeletons by all forms of wasting and debilitating diseases. The cases that we treat are generally of the most difficult and obstinate character, because invalids usually try their home doctors and patent medicines before applying to us, so that when they do come they are often on the verge of despair, having exhausted every other resource; but our New Method Cure is especially designed to reach such cases.

the wants of the sick, have any adequate idea of the vast numbers who are thus afflicted. Hundreds of those who appeal to us for help, are in such a deplorable state that their condition would seem worse than death itself to many who are in the enjoyment of good health. Yet they are not all unhappy, and it is our greatest pleasure to offer them relief.

In our extensive practice, extending over many years, and reaching to all parts of North America we have had the satisfaction of restoring many invalids, cripples and deformed persons to conditions of health, vigor and activity, which they could never have attained under the old methods. On account of the business energy and ability which we have dis-

Notwithstanding the seemingly hopeless condition of many of the invalids who apply to us, we cure them and send them away happy as represented in the above illustration. Our New Method cures cases that are intractable to every other kind of treatment. Old doctors who have practiced nearly a life-time according to the dogmas of the "pathy" schools, frequently express astonishment at the cures we perform, in cases that they have been taught to consider entirely beyond the reach of medical or surgical skill. For treatment see page 4.



played in pushing forward our successful New Method system of treatment, and placing it within the reach of all, we have incurred the jealousy, envy and malice of the unsuccessful "pathy" doctors. For this we care nothing; the gratitude of our patients outweighs it all. We only ask other invalids to investigate our business and our methods for themselves.

Lateral Curvature of the Spine. If one shoulder is higher than the other, or one hip larger or more prominent than the other, lateral curvature may be suspected. An examination should be made by a person standing behind the patient, the back being stripped.



Before Treatment.

Useless Instrumental Treatment.

Cured by the New Method.

The above represents the case of Miss Angie Hall. Cured by the New Method after wearing useless braces for two years. See page 145.

Any deviation from a straight line should be attended to promptly, as children never outgrow it, and young, middle-aged or old people grow worse and live a life of hideous deformity. For further information and reports of cases cured, see pages 145 to 155.

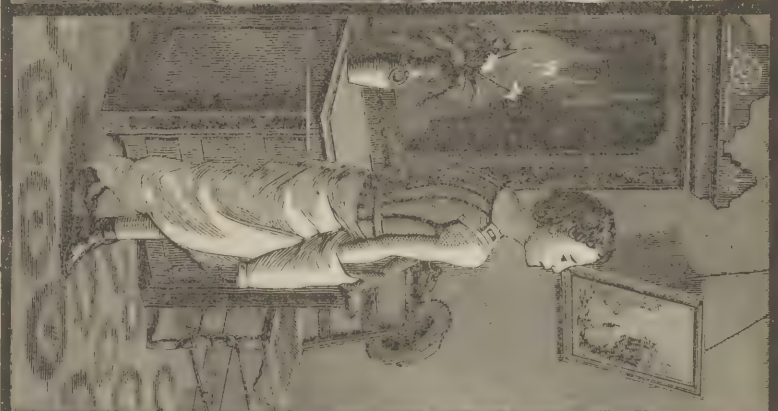
Pott's Disease. Angular curvature of the spine, is a disease of the spinal bones. The first symptoms noticed are pain and soreness in the back or in the chest, stomach and bowels, and just opposite to where the curve in the spine is located. Sometimes the curve will be a short, abrupt protuberance, and again it will be a gradual curve or hump. There may

These illustrations represent the case of Thomas Hunt. will want benefit, the deformity constantly getting worse.

Before Treatment.



During Treatment.

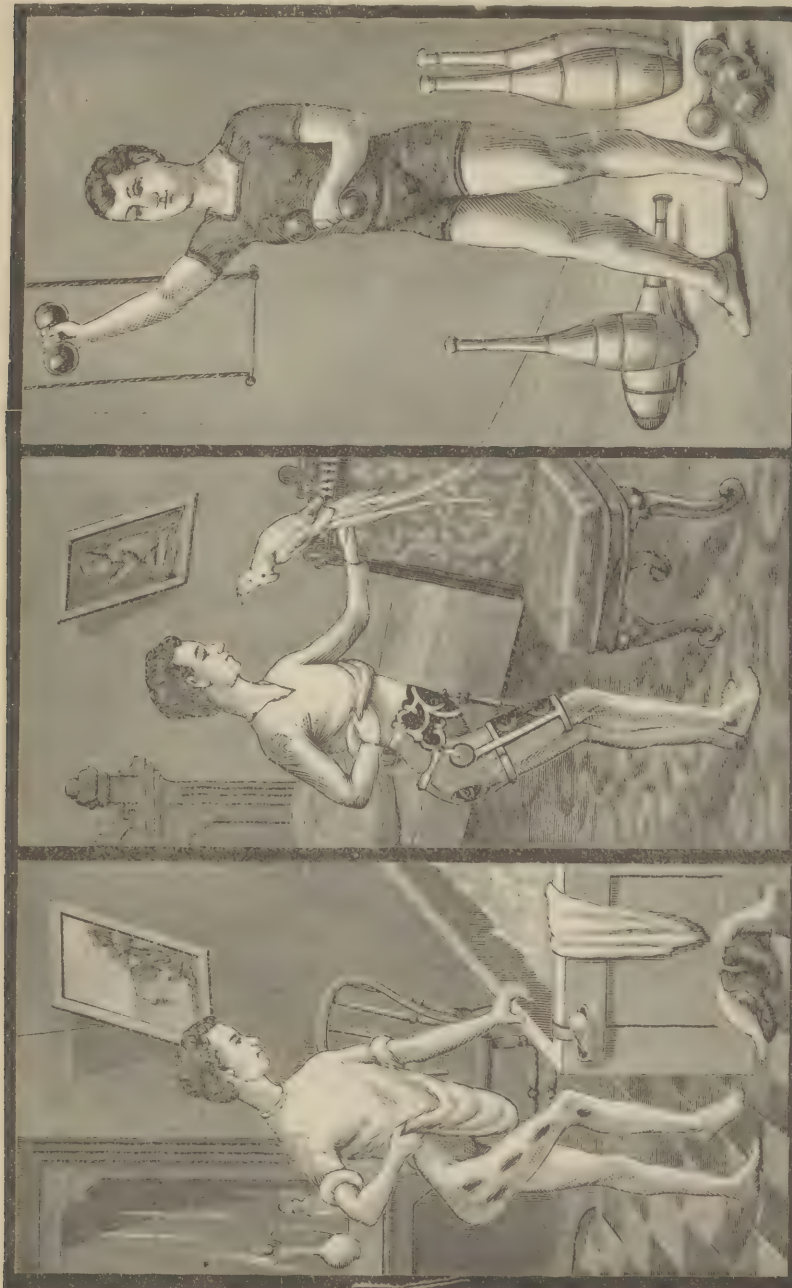


Cured by the New Method.



be two or more curves, and they may be curved inwards or outwards, or one inwards and the other outwards; occasionally both the breast bone and spinal column protrude. For further particulars and reports of cures effected, see pages 145 to 155. If you desire our candid opinion of any case you are interested in, write according to instructions on page 4.

Hip Joint Disease usually commences with a pain in the knee, and is usually mistaken for rheumatism. During the first few months the lame leg is from a quarter to an inch longer than the well leg. Place the patient on the back, on a table or carpet, and if the lame leg be longer than the well one, it is a case of hip joint disease. In time the ball



After Improper Treatment. These illustrations are from the case of Clark Murray. 1st. At the age of eight, after a year's improper treatment. 2d. At the age of nine, wearing a torturing and useless appliance, 3d. At the age of twelve, a year after he had been cured by the New Method treatment.

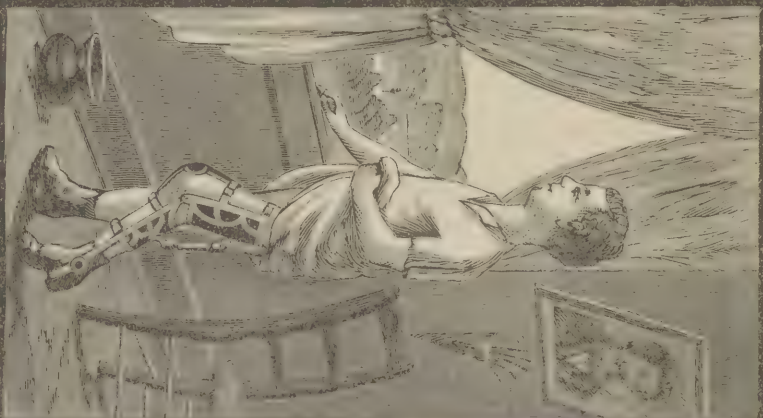
will be forced out of the joint, or socket, and the limb become stiff and shorter than the other; abscesses almost invariably occur, and the patient either dies or becomes a cripple for life. For further particulars and reports of cases cured, see pages 146 to 155.

SYNOVITIS:—Inflammation of the synovial membrane, commonly called white swelling, usually of the knee-joint. First there is pain under the knee cap, greatly aggravated by "stabbing" or striking the toe against any hard substance; sooner or later the knee begins to swell or enlarge. The pain becomes intense, the knee becomes stiff and very lame.

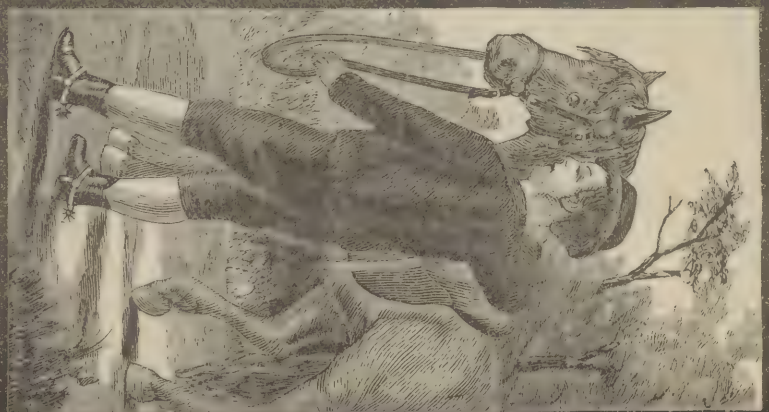
Before Treatment.



Instrumental Treatment.



Cured by the New Method.



It is a very stubborn disease, and unless properly and persistently treated, will render the sufferer a cripple for life. For further particulars and reports of cases cured, see pages 146 to 154, and write us a plain description of your case, according to instructions given on page 4.

CLUB FEET. Children are born with this deformity, in one foot or the other, or both, and if neglected they grow worse the longer they live. An operation is necessary, and this especially so in persons over ten years of age, or where a quick cure is desirable. Children can usually be cured without an operation. For further particulars and reports of cases



Club Feet Before Treatment.

Torturing and Useless Instruments.

Cured by the New Method.

This picture illustrates the case of Arthur Grenell at the age of six. Cured without an operation, and after he had used club-foot shoes and braces without benefit. If Byron's club-foot had been properly treated in childhood, the great poet would have been less of a cynic.

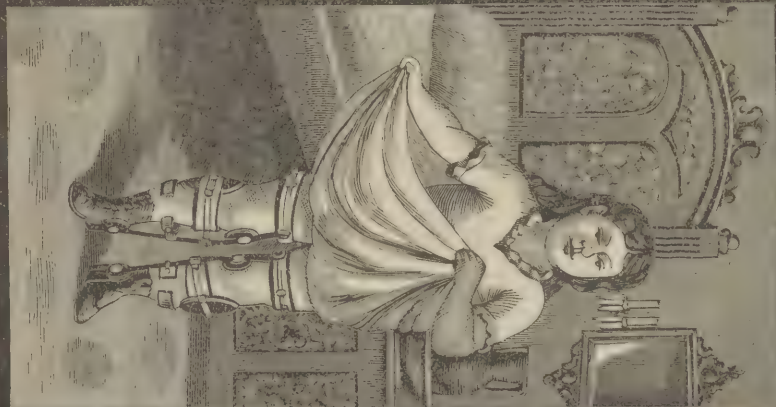
cured, see pages 147 to 155. It must certainly be considered criminal neglect to allow children to grow up with such a deformity as club feet, when a little care and expense at the proper time, might save the poor victims all the pain and annoyance of such a condition.

Bow Legs and Knock Knees. Many children are subject to these annoying deformities, and are often allowed to grow up without proper treatment or attention, and thus through life they are objects of pity and commiseration to the sympathetic, and subjects of ridicule to the careless. Braces and supporters are occasionally useful, but are often

Before Treatment.



Instrumental Treatment.



Cured by the New Method.



worse than useless; this is especially the case if used on cases where the bones have become hardened. We have cured many cases, both of children and of grown persons, without the use of braces. For further particulars and reports of cases cured, see pages 147 to 145.

Tumors, Goitres and Morbid Growths. Goitre is an enlargement of the thyroid gland, presenting the appearance of a tumor at the front of the neck. The enlargement is usually a simple hypertrophy, and in some cases it is due to cysts filled with serous fluid. It is a condition that yields slowly to the action of remedies, and those who hope to be cured must



Before Treatment.

During Treatment.

Cured by the New Method.

The above illustration represents Mr. and Mrs. Welton. 1st. As they appeared when they consulted us by letter. 2d. After using the New Method Cure five months. 3d. Fourteen months from the time the treatment was commenced. In spite of all former treatment, both the tumor and the goitre had grown rapidly, and attained such unusual dimensions that both patients had almost despaired.

exercise patience. Tumors and morbid growths of various kinds are due to scrofula and other diseases and impurities of the blood. For further information see article on **THE BLOOD AND SKIN**, page 140. Tumors and goitres may attain an enormous size without seriously affecting the general health, but they are exceedingly inconvenient and annoying.

Necrosis of Bones is manifest by inflammation, swelling, ulceration and discharging abscesses. The usual course of treatment is to scrape the bone, remove the diseased part with a chisel and finally amputate the limb. The New Method Cure is specific, and cures have been effected in supposed helpless cases, by proper but painless treatment, without

The above illustrations refer to the case of Miss Louise Perry. The first scene represents her as she was at the time we were consulted; scene third shows her entirely cured, as the result of our New Method treatment, while scene second shows what her condition would have been if she had remained under the treatment of the doctors who treated her a year without benefit and then wanted to amputate the limb, saying that was the only means by which her life could be saved. Our treatment saved both limb and life. *Read page 4.*



resorting to surgical operations or torturing treatment of any description. For further particulars and reports of cures, see treatise on DISEASES OF THE BONES, pages 143 and 144. If you desire special information, write to us, according to instructions given on page 4.

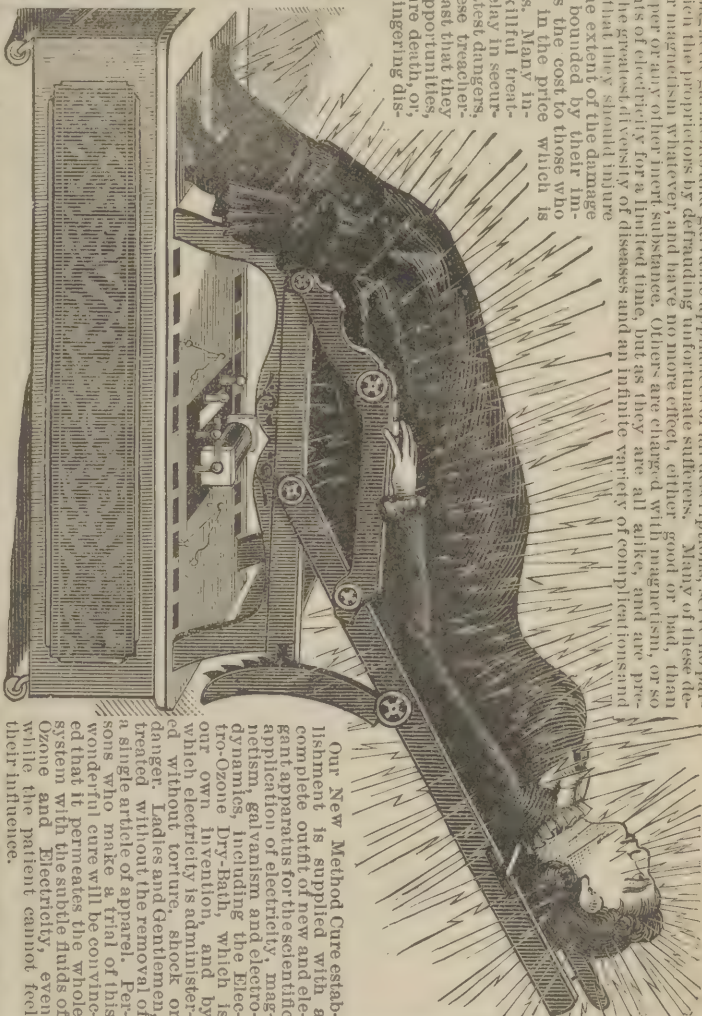
DEPARTMENT OF ELECTRICITY, Galvanism, Faradism, Magnetism, etc. We have the most complete outfit of galvano-electric, electro-faradic and electro-magnetic apparatus and appliances to be found in any establishment in the United States. Electricity is a valuable remedial agent when thoroughly understood and properly applied, but it is



useless and dangerous in the hands of the ignorant and inexperienced. Electric brushes, belts, rings, pads, magnetic garments, etc., are all worthless. Skillful physicians only are qualified to say when a patient needs electricity, and in what form it should be applied.

THE NEW METHOD CURE ELECTRO-OZONE DRY-BATH.

Our own invention, for the scientific application of electricity, magnetism and ozone. Electricity and magnetism, when thoroughly understood and applied, are useful and effective agents for the cure of disease, but in the hands of the ignorant and incompetent, they are not only worthless, but dangerous. It requires the knowledge and discrimination of a skillful physician, to determine when and how electricity and magnetism should be administered. Electric belts, pads, brushes, combs, magnetic garments and galvanic appliances of all descriptions, serve no particular purpose except to entice the proprietors by degrading appliances of all descriptions. Many of these devices contain no electricity or magnetism whatever, and have no more effect, either good or bad, than the same amount of wood, paper or any other inert substance. Others are charged with magnetism, or so arranged as to develop currents of electricity for a limited time, but as they are all alike, and are prescribed indiscriminately for the greatest diversity of diseases and an infinite variety of complications and conditions, it is only natural that they should injure more than they benefit. The extent of the damage done by these devices is not bounded by their immediate effects, neither does the cost to those who use them consist altogether in the price which is paid for the worthless articles. Many invalids who are in need of skillful treatment, and to whom every delay in securing it is fraught with the greatest dangers, are induced to depend on these treacherous remedies, till they find at last that they have wasted their best opportunities, and are doomed to premature death, or, what is worse still, a life of lingering disease, through which they can only deplore their own folly and the delay of knowledge that came too late. In our New Method Cure establishment we apply electricity according to those principles of science that have been demonstrated by practical experience. We thus find it a valuable remedial agent in various diseased conditions which are intractable to the action of other remedies. It exterminates the germs of disease, equalizes the circulation, purifies the blood, aids digestion, exhilarates the nervous, mental and muscular forces, restores vital energy and eases pain. Do not be deceived by those who claim to cure by the use of electric appliances alone. Chronic diseases require skillful treatment, and no single remedy, either medicinal or electrical, can reasonably be expected to reach a complicated case. It is by the scientific adaptation and combination of the best remedies, that we succeed in curing diseases that baffled the skill of other doctors. We have no hobbies or prejudices, but use the agents that will cure, whether they be medicinal, surgical, electrical or psychological. In this way we succeed where others fail. Do not despair because you have tried electric appliances without benefit.



Our New Method Cure establishment is supplied with a complete outfit of new and elegant apparatus for the scientific application of electricity, magnetism, galvanism and electro-dynamics, including the Electro-Ozone Dry-Bath, which is our own invention, and by which electricity is administered without torture, shock or danger. Ladies and Gentlemen, treated without the removal of a single article of apparel. Persons who make a trial of this wonderful cure will be convinced that it permeates the whole system with the subtle fluids of Ozone and Electricity, even while the patient cannot feel their influence.

The wonderful results that have been accomplished of late years by the new uses to which electricity has been adapted, have prepared the minds of the people to be unduly credulous in regard to the properties of this mysterious agent. This is the reason why more invalids are swindled with electric belts, pads, garments, etc. than with any other medical humbug. We warn our readers not to be deceived. Electricity must be applied skillfully, to be useful; besides it requires delicate and expensive apparatus, which an unskilled person cannot use or keep in order, and which few doctors can afford to buy



BUSINESS DEPARTMENT AND TREASURER'S ROOM.



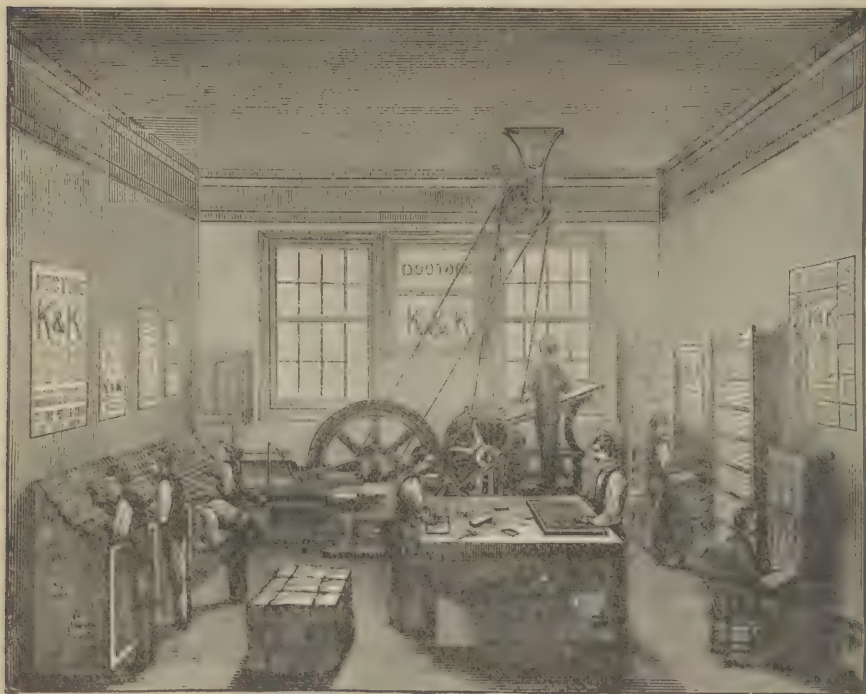
PROFESSIONAL CORRESPONDENT'S DEPARTMENT.



LABORATORY AND DISPENSARY.



PACKING AND EXPRESS DEPARTMENT.



PRINTING DEPARTMENT.



WESTERN ENG. CO. DETROIT.

PUBLISHING AND ADVERTISING DEPARTMENT.

SIGNS OF DISEASE.

THE IMPORTANCE OF A CORRECT DIAGNOSIS AND THE METHOD BY WHICH WE ARRIVE AT THE SAME.

In personal consultation it often occurs that we tell patients instantly what their disease is—locate all aches and pains—giving them a minute and detailed description of all their symptoms and inconveniences without touching them, feeling their pulse, looking at their tongue, or asking a question. This we are enabled to do by closely observing the symptoms and indications given below. There is nothing supernatural or clairvoyant about it. It is purely the result of study, experience and observation. Any one who will take the trouble to study will find that their skill in that direction will be greatly developed by experience and practice. As a general thing we prefer that persons consulting us would briefly state how, when and where the affliction troubles them most. As all diseases do not develop signs that will enable us to correctly diagnose without calling to our aid every means known and used by the intelligent practitioner, including the use of all approved instruments in a thorough physical exploration. We never undertake to treat a patient until a satisfactory diagnosis has been made. We never *guess* at anything. We must *know*.

We will give here a few of the principal means by which we are enabled to arrive at a correct diagnosis which is of so much importance in the successful treatment of diseases. It is only by noting all these faithfully, in the light of experience, observation and history and thoroughly understanding their significance as indications pointing the skilled and experienced physician to certain pathological or morbid conditions, that any person can expect to be successful in treating disease. The means and methods by which we are enabled to correctly diagnose, successfully treat and cure patients that we never see, is fully explained under the head of TREATMENT BY CORRESPONDENCE. (See page 4).

The Face. The face tells a long story. The experienced physician reads out of it not only the degree of severity of an attack, but often also its whole general nature.

A delicate face, with long fringed eyelashes, serves to point out the tubercular or scrofulous diathesis; however, the thick alæa of the nose and upper lip of scrofulous children is an exception. The face is waxy in chlorosis (green sickness) and pasty in diseases of the kidneys; a puffy appearance about the eyelids indicating Bright's disease.

A bloated, blotchy face generally indicates irregular habits of living. A sunken face indicates exhaustion, either from great exertion, or loss of sleep, want of nourishment, or profuse diarrhoea, or disturbed digestion. A wrinkled face in half grown boys and girls, without loss of appetite, sleep or known diarrhoea, is a sign of masturbation, or self-abuse, or other bad habits; such a

young, old and wrinkled face is a pitiful sight.

Expressions of the Face. A rigid, staring, stupid, troubled, but sometimes also a smiling countenance, is found in affections of the brain and in typhoid conditions. An anxious, sad and restless expression is found in lung and heart diseases; and a morose, long-faced, apathetic expression is found in abdominal disorders dyspepsia, asthma and bronchitis.

Color of the Face. Redness of the face, if habitual, denotes a tendency to gout, inflammatory rheumatism and hemorrhoids (piles) often changing redness is seen in children teething, in women before menstruation, or after conception, and is also found in inflammation of the lungs. Bright, livid redness is found in nervous diseases, hysteria and tendency to hemorrhages. Dark purple redness is found in congestive, apoplectic, asthmatic and suffocative diseases. Redness coming and going in spots indicates brain diseases in children. If confined to one side with coldness and paleness of the other side in encephalitis, is a sign of the formation of pus in the half of the brain corresponding to the red side of the face. It is found also in diseases of the lungs, heart and bowels. The hectic flush of consumption is too well known.

Paleness of the Face. Paleness alternating with flushes of redness is found in inflammation of the lungs and brain. A pale, peculiar white and wrinkled face is found in children with chronic dropsy of the brain. A sudden paleness, with limping and lassitude in children, is a sign of a lingering and confirmed hip disease. Sudden paleness, after a fall or injury denotes concussion of the brain. Paleness of the face and lips in women denotes profuse or suppressed menstruation or chlorosis.

Blue Color of the Face. Is found in organic disease of the heart, especially in dilations of the ventricles and disorganization of the valves, whereby the oxygenation of the blood is interfered with; in the highest degree it exists in cyanosis, a state in which consequent upon structural faults in the heart, the venous and arterial blood become mixed. We meet it likewise in consequence of strangulation or suffocation. A livid or grayish or lead-colored face denotes a deep-seated organic disease, scirrhus (cancer), gangrene (mortification). A yellowish color of the face is found mostly in diseases of the liver, and also results from uric acid poisoning. The yellowness of jaundice is well known. Brown spots on the faces of women always result from womb disease; they are called liver spots, moth, etc., but are never found on the faces of men. Irregular brownish spots, a little raised above the skin and covered with small pustules, which sometimes discharge a bloody fluid, are in children a sign of congenital syphilis. Fat, short and broad persons, with dark brown or black hair, dark eyes, yellow, brownish, dark color of the skin are mostly afflicted on the right side with liver complaint, etc.

Telangiectasia signifies those small broken veins and arteries seen on the face, and when they appear on the upper part of the cheek or on the lower eyelids, are almost always connected with some obstruction or stasis; often in the chest but more frequently in the abdomen and a diminution of chlorides in the urine. These veins or arteries, if ever so small on the right side of the face denote an obstruction in some of the organs on the right side; and if on the left, a stasis in the organs on the left side. The bright red denotes an arterial, whilst purplish-looking indicates venous obstruction. Small purple ones on the left side of the nose or lips indicate a venous obstruction in the heart or kidneys; so also are ring-worms almost always indicative of some kidney affection. The face is hot during congestion of the head in fevers, in inflammatory conditions, in coryza, hay-fever, and in other complaints. It is cold during a chill, in spasms, exhaustion and in sickness of the stomach. In cholera there is a deadly coldness, also in violent hysterical paroxysms. In inflammation of the lungs, coldness of the face denotes the commencement of suppuration. Sudden coldness of the face in scarlet fever portends and is quickly followed by death.

The Nose. A thick, swollen nose, when accompanied by pain, heat and redness, is an indication of inflammation or of rachitis and scrofulous disease. Lovers of strong drink are generally blessed with a suspicious looking nose of such shade. The nose becomes pointed, pinched during spasms, during a chill, and in collapse. When in children the nose becomes suddenly pointed it is a sign of impending spasms; an habitually pointed nose denotes derangement of the mesenteric glands and general atrophy (wasting). The pointed nose of a nursing mother indicates her complete unfitness for being a wet nurse, when it sets in suddenly in severe sickness it is always a bad symptom, being evidence of extreme exhaustion and collapse. A heavy motion of the nasal wings during respiration is a sign of some impediment, usually either from asthma, pneumonia, croup, dropsy in the chest, or incipient paralysis of the respiratory muscles, and utter prostration. A red nose may result from a variety of causes—cold in the head, worms, scrofula, intemperate use of ardent spirits. In young girls it denotes the setting in of womanhood. A coppery, shining redness at the root of the nose is a sign of existing syphilitic ulcers within the nose. A pale nose is found in various morbid affections, such as chills, spasms, from nausea and sexual excesses, profuse hemorrhages, and so on. In women it is a sign of approaching or disturbed menses, profuse leucorrhœa and chlorosis. A grayish, lead-colored nose is found in dropsy of the chest and in the pericardium, in induration of the lungs, and in some malignant typhoid fevers; single lead-colored stripes have been observed in obstinate obstruction of the portal vein. A bluish color of the nose is found in some cases

of apoplexy, in croup, in suffocating catarrh, in diseases of the lungs, heart and larger blood vessels, in short, in all morbid conditions which cause stagnation of the blood. Brownish yellowish spots on and over the nose, like a saddle, indicate mostly a diseased liver, ulceration or displacement of the womb, or chronic leucorrhœa. A hot nose we find in violent coryza, hay-fever, inflammation before bleeding, during delirium, sopor, apoplexy, coldness during a chill, spasms, nausea, from loss of blood, exhaustion, and in consequence of inflammation of the bowels. An habitual cold nose is found in disordered states of the abdominal viscera, in dropsical complaints and in chlorosis. The constant picking and boring at the nose which is found frequently in consequence of irritation in the intestinal canal from worms, or in typhoid fever and in cerebral affections. On examination, the nose will be found very dry; its getting moist again is one of the most favorable signs in such cases.

The Eyes. A thorough examination of the eyes, by means of artificial light and otherwise, enables the skillful oculist to determine the nature and extent of any defect of vision, and any change in the general appearance is almost invariably occasioned by disease. We observe an unnatural luster of the eyes in fevers, and who has not been impressed with the brilliant eye of the consumptive, with its mother-of-pearl whiteness? In bronchitis the eye is dull and lusterless, a sad, despondent expression; a clear, colorless white in tubercular scrofula, red and injected in ulcerative scrofula, and in fact, in all inflammatory diseases of the stomach and bowels. This is very marked in all chronic derangements. The pupil is either dilated or contracted in all diseases of the nervous system. Glassy eyes are characteristic, in children, of inflammation of the mesenteric glands; and if accompanied with dark, dry lips, tongue and dry skin, and great restlessness, of an acute inflammation of the stomach. In fevers these indicate great danger or critical changes. Dull eyes are frequently observed in febrile conditions of the stomach; during catamenia, in catarrhal and other inflammatory and ulcerative conditions of the air passages; sunken eyes are the consequence of an absorption of the fat cushions, whereupon the eye-balls rest and turn in their sockets. This takes place in all exhaustive diseases, or the loss of vital fluids.

The External Ears, Auricles. The ears grow pale from fright, during chills, spasms, loss of vital fluids, exhaustion and frost. A marked paleness of the left ear denotes inflammation of the spleen. A permanent pale, bloodless appearance is indicative of sexual excesses, self-abuse, or loss of vital fluid during sexual dreams or at stool. In woman, in addition to the above, it denotes an exhaustive, chronic leucorrhœa. Red is seen in inflammatory conditions of the head and ears. Flushes are caused by mental emotions, or occur before bleeding of the nose, delirium, apoplexy. An habit-

and or frequent redness of the ears denotes disturbed action in the abdominal organs, or else menstrual and hemorrhoidal affections. Small inflammatory, purplish, suppurating spots on the ears are a sign of secondary syphilis. Swollen ears, if inflammatory, are caused by erysipelas, injuries, eruptions; if habitual—not inflammatory—it is a sign of scrofulous conditions; if hard thick and full, a consequence of Bright's disease of the kidneys. The ears are hot in congestion of the head and in diseases of the larynx, cold, in chills, spasms and from exhaustion. Ears habitually cold and pale are found in weak and chlorotic individuals. In hysteric persons a coldness of the ears is the forerunner of hysterical spasms, whilst in delirium and mania they denote a cessation of the paroxysm. Discharges from the ear may originate either in the meatus auditorius externum in the middle of the ear (the tympanum), or even in the cavity of the skull. They are of various characters. If after a fall or external injury there is a discharge of blood from the ears, it denotes fracture of the skull. The ears bleed also in scorbutic affections, from too great, or from insufficient atmospheric pressure. Tourists have often experienced this in ascending high mountains, as we ourselves did in ascending Pike's Peak, Colorado, and the same on descending, the transition from a light to a heavy or more dense atmosphere producing the same effect. Artillery men during heavy cannonading suffer in the same way more or less. Sometimes bleeding from the ears results from too great exertion in screaming, coughing, vomiting, straining, blowing musical instruments. Pus or acrid matter, is the product of a previous inflammation, either in the meatus auditorius or in the middle ear. In rare cases the pus comes from an abscess in the brain, which has broken through the petrous portion of the temporal bone. A thorough examination of the internal ear can be made by the aid of the otoscope, speculum and laryngoscope.

The Gums Are pale in anæmia from the abuse of mercury and iron, and in spasmodic conditions; blue in cyanosis and scurvy. A bluish, greyish or slate-colored stripe or line on the gums is a sign of lead poisoning. A purple line is found in old age, and a pink line, especially on the gums of the lower jaw, with paleness of the remaining gums is often seen in consumptive persons. The gums bleed freely or easily when cleaning the teeth, or on being slightly touched. Ulcerated gums may result from diseased or decayed teeth, from general or constitutional maladies such as scurvy, syphilis, mercurial poisoning or stomatitis, etc., etc.

The Tongue. To this movable piece of furniture of the human economy great attention has been paid by physicians in all times. The varied conditions and appearances of which afford many diagnostic and therapeutic hints. Its color may be too red all over, as in scarlet fever, with raised papillæ—whence the name strawberry tongue—or red

and dry as in inflammations of the brain and its membranes; in inflammations of the thoracic viscera, stomach and intestines, or red on the edges or on the tip, or a red dry streak in the middle of the tongue as in typhoid fever, or clean and glossy, indicating great heat, congestion, delirium, and gastric fevers, cracked tongue, ulceration of the bowels. A pale tongue is found in chills, spasms, dropsy, chlorosis. A lead-colored tongue is found in cholera and gangrene of the lungs. A bluish tongue is a sign of impeded circulation of blood, such as in paroxysms of asthma, whooping cough, croup, bronchitis, pneumonia, heart disease, dropsy of the chest, etc. A moist tongue is generally a favorable sign, except in some forms of malignant fevers, especially if associated with exhausting perspiration. A constantly moist tongue denotes exhaustion. A dry tongue is observed in many morbid conditions, which space here will not admit of reciting.

The coating or covering of the tongue. It is well to observe that the tongue is frequently coated or furred without any disordered state, as, for instance, in the morning by an empty stomach, etc. A coating at the root of the tongue is of no special significance, as it usually exists in perfect health in some degree. A patchy or map tongue is often an indication of irritation or even inflammation of the stomach. A thick white coating is common in gastric derangements. The yellow coating is frequently, but not always, indicative of a bilious condition. In hepatitis or inflammation of the liver a buff leather appearance of the tongue is observed. A black coating in dysentery indicates exhaustion, and in small-pox is an unfavorable sign.

Auscultation—Listening. This is another very important means in diagnosis, and to the practiced and experienced ear reveals many important signs. It is performed either by applying the ear directly to the walls of the chest or with the aid of an instrument called the stethoscope. It requires great powers of discrimination, which can only be attained by long practice, to detect and distinguish any abnormal sound and properly interpret its significant indications. We have space to enumerate only a few of the peculiar characters and indications. We have the prolonged, harsh expiratory murmur in a swollen and uneven surface of the bronchial mucous membrane, as in acute bronchial catarrh, but if confined to the apex of the lungs it speaks of tuberculosis. The bronchial respiration denotes a change in structure of lung, such as in hepatization (or hardening) of lung, thickening of bronchial tubes, effusion of fluids into pleural cavity, hydrothorax (water in chest,) etc.; roncoi, rattling sounds in catarrhal affections, etc.; hissing sounds as in narrowing of the smaller bronchial tubes.

Crepitation. This sound is heard in the first stage of pneumonia and in some stages of chronic bronchitis.

The subcrepitant sound, as in fluid secretions in the finer bronchial tubes, fine bubbles of air, etc.

The metallic tinkling is a sign of fluid mixed with air in large cavities in the lungs.

Friction sound follows pleuritis (inflammation of pleura) when the surfaces of the membrane become dry and roughened. Also heard in Pericarditis (inflammation of heart sac) and in circumscribed regions in some stages of tuberculosis pulmonalis (consumption). The character of the voice, its pitch, clearness, or otherwise, as well as the cough, whether weak or loud, spasmodic or otherwise, may assist to a more accurate diagnosis. Auscultation and percussion also afford means of ascertaining with considerable accuracy the different diseases of the heart. By this means we are enabled often to detect the exact seat of the disease as well as its character. Whether it be merely a functional disturbance of the heart's action or organic disease. All this can be determined with a considerable degree of nicety by those who have acquired sufficient acuteness by long practice and, large experience. And those who, like ourselves, are constantly engaged in treating such diseases in their chronic form are enabled to acquire the necessary skill to turn all these facilities to advantage in diagnosis.

Thorax, or Chest. Many important indications and much valuable information is obtained by a careful, thorough and skillful exploration of this region, which is so often the seat of many grave diseases. By ocular examination we ascertain the general conformation, frequency and character of the respirations. The respiratory movements in men are greatest in the region of the lower ribs on each side; in women on the upper part of the chest, and in children towards the abdomen. The frequency of the respiration varies according to the age as well as individually. The normal number of respirations per minute in adults varies from twelve to twenty; in young persons, fourteen to twenty-four; in children, about twenty-five; infants forty-five. These are all variously modified, of course, by such influences as mental excitement, physical exertion, digestion, temperature, etc. The form of the chest has to be considered, as in comparison of the two sides. When it is observed that the upper ribs sink away from the clavicles (collar bone) and become motionless, and the change is more evident on one side than the other, it is one of the signs of advanced consumption. When there is no deviation in form, or a remarkable stillness or want of movement in a part or whole of one side, it is a sign of inflammation of the pleura in an early stage. In inflammation of the covering of the bowels (peritonitis) the abdomen is still in respiration, while the movements of the chest are increased. These are only a few of the many conditions of the form and movements of the chest to be observed.

Manual Examination. By this means we become cognizant of temperature, form, resistance, motion of these parts, etc.

Percussion (sounding). This method of examination if used by the skilled and experienced reveals very many important facts that

can hardly be reached by any other method, although absolutely useless in the hands of unskilled and inexperienced persons. Different sounds accompany different conditions, and it is in a great measure due to the correct interpretation of these different sounds that aid is obtained in arriving at the actual condition with anything like certainty. Thus we have a resonant sound, in a certain degree not incompatible with a normal condition of the lung. Then we have the dull sound, indicating an absence of air, as in a certain stage of pneumonia and other abnormal conditions. We also have the tympanitic sound such as superficial cavities in the lungs containing air, and as in emphysema (dilatation of air cells), the metallic sound heard where large, smooth cavities exist.

The Abdomen. Its characteristic conditions afford many signs of disease. Partial enlargement may depend upon abnormal sizes of the abdominal viscera. Either the stomach, liver, spleen, uterus, ovaries, kidneys, glandular structures, bladder and so on; also, it may depend on tumors of all kinds.

General enlargement, may arise from dropsy, fat, accumulation of gas, large tumors and pregnancy. And so we might go on at great length enumerating many other means by which we are enabled to ascertain the exact condition of every patient seeking relief at our hands. We ascertain the height, weight, color of hair, eyes, complexion, occupation, family history, leaving no stone unturned in aiming at a correct diagnosis upon which we base our New Method Treatment, whereby we have gained an enviable reputation for success in treating all forms of chronic diseases.

WHAT ARE CHRONIC DISEASES?

All diseases that have continued for a long time are not chronic, according to the proper meaning of the term, as many incorrectly suppose. Some diseases may continue a long time and not be chronic, while others are chronic just as soon as their symptoms make their presence discoverable.

A malady that grows gradually and constantly worse or better is an acute disease, no matter how long it has continued. As a general rule, acute diseases when left to themselves run their course in a comparatively short space of time. The patient either gets well or dies. From a great many forms of acute disease the patient will recover without medicine, by proper care. But no one can ever hope to recover from a chronic disease without medical treatment. It will remain through life, causing more or less inconvenience. It may cause death in a short time, or if it be of a mild form the patient may live a long time and die from some other cause.

A chronic disease is a malady that develops by a series of recurrent attacks and partial cessations; the patient being better or worse at irregular intervals without any apparent cause for the change. It is a disease which, if left to itself, will continue as long as the patient lives, a disease which is usually,

though not always, slow in its progress, and which the system unaided can not overcome.

The first symptoms of a chronic disease frequently pass without proper attention, the patient being apt to consider it only as a temporary ailment, but after a time the same symptoms which may consist of a pain, a weakness, a slight cough, a feeling of languor or loss of appetite, appear in a more marked degree. Even then the disturbance may only last a few days, and the patient begins to assume credit for having worn out the disease, but it soon returns again. The family physician is consulted and under his treatment there may be such apparent improvement that the disorder is supposed to be entirely removed; but it is a false hope. After a time the symptoms return and the attacks last longer or recur at shorter intervals and with greater severity. One doctor after another is consulted, patent medicines are tried and experiments made with change of climate, dieting, exercise, electric appliances. Magnetic healing, faith and mind cures and other popular delusions all receive their share of attention, and while some of them may give temporary relief no permanent benefit is realized. Instead of improving under such unscientific treatment the disease continues to incorporate itself more firmly in the system, the indications of its presence become constant and the patient grows despondent till the unhappy state of a confirmed and almost hopeless invalid is reached.

There is nothing more apparent than the fact that such cases require treatment altogether different from what is necessary in acute diseases. When the whole system is prostrated by a disease that appears suddenly, and rapidly runs its course, remedies powerful and quick in action are required. But when the disease is permanently seated in some particular organ or organs, the application of powerful remedies only deranges the rest of the system without permanently benefiting the diseased parts, and thus leaves the patient in a worse condition than before.

The treatment in such cases must be mild so as not to derange the general health of the patient; at the same time it must have a positive effect on the disease that it is intended to reach. It must be directed at the cause and seat of the disorder and continued long enough so that the organs can be restored to their normal functions by a gradual process. Many fail to be cured because they stop taking the remedies too soon after the symptoms are removed.

To properly treat chronic diseases requires not only general medical skill, but that special knowledge that comes from long experience in the treatment of all varieties of cases. A good doctor in general practice can seldom expect to obtain the necessary experience because his work is with diseases of another class.

It is to those who suffer with chronic diseases and deformities that the New Method Treatment offers the most positive assurance of permanent relief and cure. Supposed incurables should read this book carefully.

SCROFULA.

A PRACTICAL TREATISE ON THE MOST IMPORTANT OF ALL DISEASES.

(For treatment to cure see page 4.)

Scrofula is the most obscure and at the same time the most wide-spread of all the maladies that affect mankind, bearing away to the grave nearly one-third of the human race. It is an obscure constitutional disorder, beginning with defective processes in the formation and organization of the blood, resulting in a disturbance in the equilibrium of its composition and the development of foreign elements. It is thus carried to every pore of the system, the forces of life are weakened, and the entire mechanism of the body becomes decayed. The Liver, the Spleen, the Kidneys and other glands, whose duty it is to cast out impurities, become feeble and lifeless, and cease to perform their offices properly. Hence the blood remains burdened with corruptions, which continually increase, oppress the vital energies, and make sickly all the central powers of life. In very many cases no external or ulcerous signs appear, but Scrofula is the real cause of the disease and death, having been present unsuspected for years in the system. A large portion of our population—nearly one-half—are tainted with it, and sure to suffer sooner or later from its effects.

What is Scrofula? Science teaches that the essential element of scrofula is tubercle, a substance that has puzzled pathologists more than any other manifestation of disease. Etymologically, the word means a little lump of any kind. It was called tubercle because it first exhibited itself as a known disease in the form of lumps of a cheesy substance deposited in various parts of the body, especially in the glands of the neck. But the word has now lost its simple etymological meaning and is used mainly in a pathological sense, that is, tubercle, the basis of scrofula does not necessarily exist in a tangible shape; as stated above it has its origin in defective processes in the formation of the blood, and it is only when the foreign substance is deposited in some of the organs of the body by the circulation of the blood that the visible tubercular or scrofulous manifestations appear. When this tubercular matter is deposited in the glands it causes swelling, suppuration, etc., and in this form the disease has for a long time been popularly known as King's Evil, from the old superstition that the Kings of England, Scotland and France had power to heal it by the touch, through their divine right as sovereigns. The tubercle of scrofula is also the cause of Consumption. See article on CONSUMPTION. When the tubercular matter is deposited in the lungs this dreaded disease is sure to follow, and the reason that scrofula so frequently manifests itself in the form of consumption is because the blood being constantly distributed throughout the minute air cells of the lungs, is more liable to deposit foreign matter there than in any other part of the body. However there is no gland or organ in the system that may not be

affected. It causes derangement and enlargement of the Liver, Spleen and Abdomen, and ends fatally in consumption of the bowels. In milder forms it is manifested in eruptions of the skin, tumors, abscesses and swellings; and it would be very safe to lay it down as a rule that when eruptions, festering pimples, tetter, ring-worms, sores and blotches appear on the skin, we may reasonably suspect this lurking corruption.

Heredity. Whether scrofula be hereditary or not, is an open question. Certain persons inherit or acquire a constitution peculiarly susceptible to scrofula, and the fact that there never was any scrofula in your family is no evidence that you are not scrofulous. It is not likely that Adam and Eve had the disease, hence it must have started somewhere, and why may it not start with you. We discredit and denounce as reprehensible the assertions of certain well-known physicians to the effect that scrofula is the outgrowth of syphilis. The most notable instance we now call to mind is the communication of the now deceased J. Marion Sims to the British Medical Journal, lauding the virtue of a secret nostrum—a specific treatment for syphilis—the published formula of which is no more worthy of credence than are the recipes sent out by the Rev. Joseph T. Inman to his dupes. Dr. Sims did not wish to claim that the nostrum was a panacea as well as a specific; therefore, to widen the demand, he undertakes to show that scrofula, consumption, etc., are of syphilitic origin, thus leaving the reader to infer that the nostrum he was lauding would be the proper remedy.

But Dr. Sims says that the original formula of this wonderful remedy was obtained from the "medicine men" of the Creek Indians. Now, an Indian "medicine man" never gives or uses medicine. He pretends to be a diviner possessed of occult powers, and to cure by charms and incantations. Therefore, Dr. Sims was either ignorant in this matter or else he lied. If he was ignorant have we reason to believe that he was better informed in regard to the origin of scrofula? If he lied about the history of the remedy to increase its sale would he not lie about the question of the relation of syphilis, scrofula and consumption for the same purpose?

Symptoms. The symptoms of scrofula are numerous and of great diversity. It often shows itself in a deformed figure, crooked limbs, enlarged head and abdomen, unsightly tumors, swellings, ulcers and eruptions, and a dark, sallow greasy or waxy-looking skin; in other cases it is manifested in the finest symmetry of form and feature, lustrous eyes and a delicate loveliness of complexion that sometimes almost outrivals in beauty the ruddy hues of health.

There are two varieties of the scrofulous dyscrasia, or rather it manifests itself in two different ways in people of different temperaments. These temperaments in which scrofula is most frequently developed are the *sanguine* or *serous* and the *lymphatic* or

melancholic. In the sanguine the features are delicate, the skin fair and this with often a rosy hue of the cheeks that contrasts strongly with the general paleness. The eyes are usually gray or blue, the lashes long and light-colored or reddish. The mind is bright, lively and precocious, and to the casual observer the general impression is often of grace, beauty and intelligence, rather than the evidence of disease. In the phlegmatic temperament the skin is pale or of a dark, ruddy appearance and rough in texture; the hair dark and coarse, the mind slow and stupid and the general aspect dull and heavy.

The following may be considered the most common indications of the lurking disease: A pale, bloated face, often fair with a transparent whiteness of the skin and fine redness of the cheeks; sometimes a sickly yellow hue around the mouth; livid circles round the eyes; pearly whiteness of the whites of the eyes, threatening consumption; whites of the eyes red and injected, threatening dyspepsia; the eyelids are often humory, and run, or are red and inflamed; the teeth are liable to crack and decay early, or are foul, and covered next to the gums with a greenish or glairy slime; the appetite is unnatural, sometimes bad, and often too good; the tongue is foul and the breath bad, nausea and sick headache, sour stomach, piles and constipation, or diarrhoea are common; the flesh and muscles are flabby; the limbs are soft and full, but lack firmness; often considerable loss of flesh and emaciation; general feebleness and debility; the powers and functions of the body and mind, though feeble, are often too early developed. A scrofulous child grows rapidly, the bones are often weak, crooked and small, producing deformity or lack of symmetry; humors and eruptions of the skin and scalp are very common; the abdomen is frequently enlarged the glands of the neck, armpits and others parts swell, and then inflame and ulcerate; there is always a want of robust and vigorous health. The principal affections of the skin which accompany Scrofula are Erysipelas, Pimples, Blotches, Boils, Tetter, Salt Rheum, Tumors, Scald Head, Ring-worms, Ulcers and Sores.

Not all of the above signs, symptoms, and disorders will be found in any one person; but any of the above-named peculiarities indicate the hidden and lurking contamination, which at any time may break out into open eruptions, or attack the lungs in the form of consumption. All other diseases occurring in such persons become more obstinate, and the process of cure slow.

Hygienic Suggestions. Scrofulous persons should be careful to provide themselves with plenty of wholesome, nutritious food; good beef, eggs, milk cream, etc., being among the best of substantial articles. The clothing should always be sufficient to thoroughly protect against cold, and special attention should be given to keep the hands and feet warm, as in most scrofulous persons the extremities are easily chilled on account of the torpid circulation; for this

reason they are also frequently troubled with chilblains. If in addition to following the above suggestions, plenty of exercise of both the lungs and muscles, is taken in the open air, the patient will derive about all the benefit that can be expected from hygienic and dietetic measures, and for further relief must seek scientific medical treatment. We would not advise change of climate for scrofula as the patient is just as liable to be injured as benefited by the change.

Treatment. The old school treatment for scrofula has always been a failure and the worthlessness of the remedies recommended becomes more apparent as science reveals the true character of the disease. Iodine and its compounds, the salts of iron, alkalies, mineral acids, cod-liver oil, sarsaparilla and various other barks and roots are the remedies used by all doctors who follow the "authority" of medical writers whose articles are based on theory instead of practical success. Such preparations used for any considerable length of time, prove injurious rather than beneficial by deranging digestion and other functions. While they may cause the symptoms of scrofula to subside to a certain extent, they never cure. We do not claim to have any *specific cure* remedy for scrofula, but the philosophy of our New Method treatment is to adapt remedies to each case according to the infallible teaching of experience; the age and temperament of the patient, the other diseases or complication of diseases to which he is subject, and the manner in which the scrofulous dyscrasia exhibits itself, whether in swelling of the lymphatic glands, eruptions, abscesses or tuberculosis of the lungs, must all be carefully considered. When science, experience, and the best remedies are thus brought into requisition, the result is no longer a matter of conjecture. The patient soon finds himself improving and if he performs his own duty by persisting in the treatment a complete cure will be the ultimate result.

REPORTS OF CASES CURED.

Scrofula usually manifests itself in diseases known by other names, consequently but a few special examples are given under this head. Reports of complicated cases will be found under CONSUMPTION, CATARRH, BLOOD, SKIN, EYES, EARS, JOINTS, etc.

SCROFULA AFFECTING THE GLANDS.

(For treatment to cure, see page 4.)

Mrs. Mary Fane, of Rochester, N. Y., came to us in May, 1885, with her daughter, aged 19, who had been afflicted for five years with scrofula affecting the glands of the neck. Her general health had been very good, but she noticed that it was, beginning to fail. She had been treated by four doctors who had lanced the swellings in three different places, but afforded no permanent relief by the operation. We immediately applied the New Method treatment consisting in this case of constitutional remedies and the local application of electricity in the form of the faradic current. The swelling was rapidly reduced and in three months had entirely

disappeared. After continuing the constitutional treatment another month the patient was discharged cured, and but for the unsightly scars left to mar her beauty by the foolish operations of her former doctors, there would be no indication that she had ever been afflicted with this evil disease.

SCROFULOUS ERUPTIONS.

(For treatment to cure, see page 4.)

In August, 1885, Mr. E. F. Schwartz, of Memphis, Tenn., applied to us for treatment and advice in relation to a bad case of scrofulous eruptions on the face. His neck, nose, lips and cheeks were literally covered with moist, crusty ulcers and eruptions, which were both painful and disfiguring. He was low spirited, despondent, devoid of energy and ambition. We treated him by the New Method for thirteen weeks and at the end of that time all traces of the disease had disappeared. We last heard from him in June, 1886, when he sent us another patient and stated that he was enjoying good health. This young man had been told by other doctors that the eruptions were the result of syphilitic poison in the blood and could not be cured. He knew the first part of the assertion to be untrue and so he would not believe the latter, but came to us and was cured.

SCROFULOUS SWELLING OF THE KNEE JOINT.

(For treatment to cure, see page 4.)

Mr. and Mrs. Geo. Grose, living a few miles from LaFayette, Ind., came to us in the summer of 1884, with their oldest child, a boy of fourteen, who had been unable to walk for a year on account of scrofulous swelling of the knee joint. His left knee was swollen to about three times its natural size and was so stiff and painful that he could hardly bear to touch his foot on the floor. It had been lanced several times and there were two open sores on the under side, from which matter constantly exuded. The disease had begun to show such ominous symptoms that several doctors had advised amputation, but we informed the anxious parents that the limb could be saved and advised the New Method treatment. The case was necessarily very obstinate and improvement slow and tedious, but after a year's treatment the cure was complete. When we last heard from him in December, 1885, he was entirely well and attending school.

SCARRED BY USELESS OPERATIONS.

(For treatment to cure, see page 4.)

In January, 1885, Miss Mary Kensers, of Cleveland, O., wrote to us in regard to treatment for a large scrofulous swelling on the left side of her neck. It had been lanced four times by a Cleveland doctor, but four disfiguring scars constituted the only permanent effect of the operations. We sent her a course of the New Method treatment by express, and by following our instructions carefully the swelling was reduced one-half in about two months. In four months it was entirely removed. We last heard from this patient in April, 1886, and she was then well and living at the same place.

THE LUNGS.

A BRIEF AND COMPREHENSIVE TREATISE ON RESPIRATION, THE ESSENTIAL PROCESS OF LIFE.

"*** and breathed into his nostrils the breath of life; and man became a living soul." GEN. II, 7.

The continuation of any form of animal life is dependent upon an incessant interchange of material between the organism and its surrounding medium. Certain substances must be constantly passing into the organism and as constantly passing out again with their chemical forms changed. The change consists, practically, in the introduction of oxygen—technically called *endosmosis* and the elimination of carbon dioxide—*exosmosis*. The process is called respiration or in more popular language, breathing. All forms of animal life breathe, whether they live in the air, in the earth, in the water or in other bodies, that is to say, every animal inhales or absorbs oxygen from the medium in which it exists and exhales carbonic acid. Man and other mammals obtain oxygen from the air, while fishes obtain it from the water. In the lowest forms of life the process of respiration is extremely simple. Thus in the unicellular animalculæ living in the water where the surrounding medium comes in direct contact with the cells, the interchange of oxygen and carbon dioxide takes place continuously at the surface of the organism. But in the higher vertebrate animals this essential process of life is accomplished by the intervention of a system of complicated and delicate organs, operating in conjunction with the circulation of the blood.

The most important of all these organs of respiration are the lungs, which consist of two conical bodies situated respectively in the right and left sides of the chest, and with the heart, which lies between them, occupy nearly all the internal space above the diaphragm. Outwardly they are covered and protected by the double serous membrane called the pleura, which lines the thoracic cavity. Inwardly they are composed of the pulmonary substance, which consists of a vast number of lung sacs called lobules; these lobules are sub-divided into minute air cells so exceedingly small that there are about six hundred millions of them in the lungs of one person. The other internal organs of respiration are the trachea or wind pipe and the bronchial tubes. The trachea conveys the air from the mouth and nostrils. It consists of a tube about four and one-half inches long and three-fourths of an inch in diameter, composed of cartilaginous rings united at the back by a fibrous membrane which gives it a slightly flattened form. At the lower end it divides into two branches constituting the two main bronchial tubes which communicate respectively with the right and left lung. After entering the substance of the lungs each bronchial tube divides and sub-divides into smaller branches like the limbs and twigs of a tree, until their ramifications extend to every part of the pulmonary substance, a small

tube entering into every one of the lobules described above, very much after the manner that the smallest twigs of a tree end in the leaves. After entering the lobules these minute tubes are again sub-divided forming still smaller passages which finally end in the infinitesimal air cells; thus when a breath of air is inhaled it is conveyed immediately through this wonderful system until the air cells are inflated. We shall now see how the process of supplying the system with oxygen and eliminating the carbonic acid is carried on: The blood which has been circulated through the system from the left side of the heart, returns laden with the noxious products resulting from the disintegration or breaking up of the muscular, nervous and other tissues, the principal and most poisonous of these products being carbonic acid. In this condition the blood is called venous and is of a dark purple color. It is conveyed from the right side of the heart to the lungs through the pulmonary artery which divides correspondingly with the bronchial tubes, one branch going to each lung. These branches are sub-divided like the smaller bronchial tubes, which they follow through all their ramifications until they finally form a net work of minute capillaries on the walls of the air cells, with a membrane so exceedingly thin that the air comes in almost direct contact with the blood. When the venous blood thus comes in contact with the atmosphere it gives off carbonic acid and takes up a fresh supply of oxygen until it assumes a bright scarlet color and is once more adapted for the nourishment of the tissues. It is then taken up by another set of capillary vessels which arise from the walls of the air cells and gradually converge to form veins, as brooks and rivulets unite to form rivers; these smaller veins converging from all parts of the lungs finally empty into the four large pulmonary veins which convey the purified, aerated or arterial blood, to the left side of the heart whence it is again sent coursing through the systemic circulation to nourish the tissues and again take up the products of disintegration. See article on the HEART.

It is only when we understand the delicate and complicated arrangement of these organs, their wonderful operation and the essential character of the work they perform, that we can appreciate the importance of guarding them against injury and the attacks of disease. Common "colds" which settle in the lungs (see article on TAKING COLD, page, 162) through neglect of proper care and treatment, bring many a promising life to an untimely end; the ravages of catarrh, extending from the membrane of the nostrils downwards through the trachea and bronchial tubes until the lungs are reached, produce like disastrous consequences, while the development of the tuberculous matter of scrofula in the lungs of persons who have never been subject either to other diseases or to cold and exposure, carries away countless thousands who might be saved by scientific treatment.

FIG. 1. shows the circulation in the lungs, and the manner in which the blood is brought in contact with the air, so that it may absorb oxygen and throw off carbonic acid, as described on page 72. The dark lines represent the pulmonary arteries which convey the venous blood from the right side of the heart to the lungs, to be purified; the light lines represent the pulmonary veins which carry the arterial blood back to the left side of the heart to be distributed through the system, and the gray lines which branch out from the windpipe, represent the bronchial tubes and smaller passages, already described, which convey the air to the minute cells where the blood is aerated.

FIG. 1.



FIG. 2.

FIG. 2. shows the lungs divested of the pleural membrane which covers them. The heart with the veins and arteries that convey the blood to and from the lungs, is also shown so the relative position of the heart and lungs can be clearly understood. It will be seen that each lung is divided into two lobes, and also that the right lung is somewhat larger than the left, on account of the cavity of the heart occupying more of the cavity on the left side.

FIG. 3. This is a fine illustration of the air passages, showing the trachea, or wind-pipe, the two bronchial tubes which branch out from it, one to the right and one to the left lung, and the distribution of their branches as described on page 72. The ramifications of the smaller air passages which radiate from the bronchial tubes are shown to where they enter the lobules, represented by the terminal clusters. The further subdivisions are so minute that they cannot be illustrated without being greatly magnified.

FIG. 3.

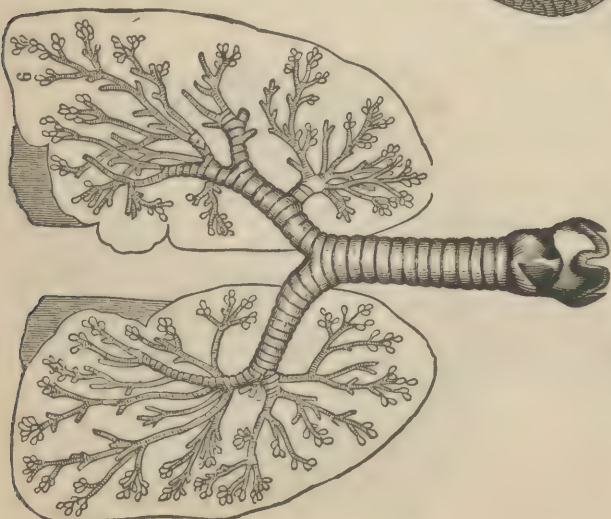


FIG. 4. represents the lungs as they would appear from behind, if a section were made laterally through the spine. The shape of the lungs as they fill the back part of the cavity of the chest and rest upon the diaphragm is well represented, and the form and arrangement of the lobules clearly shown.

FIG. 4.

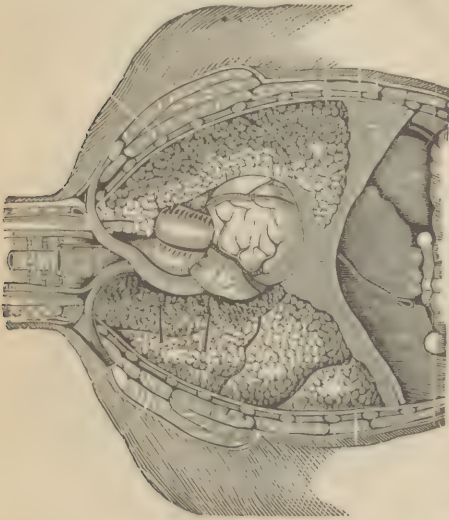
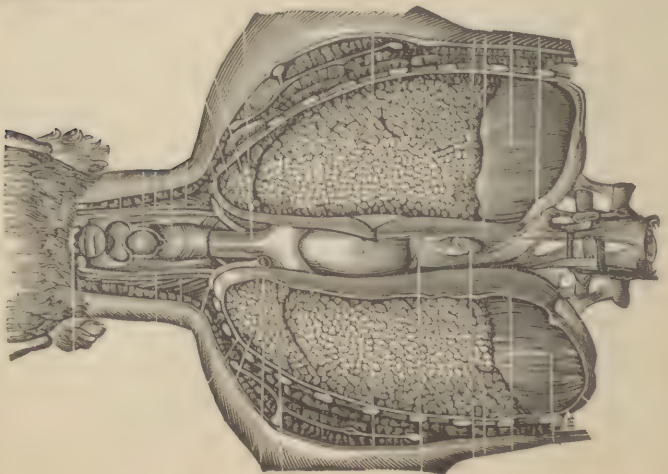
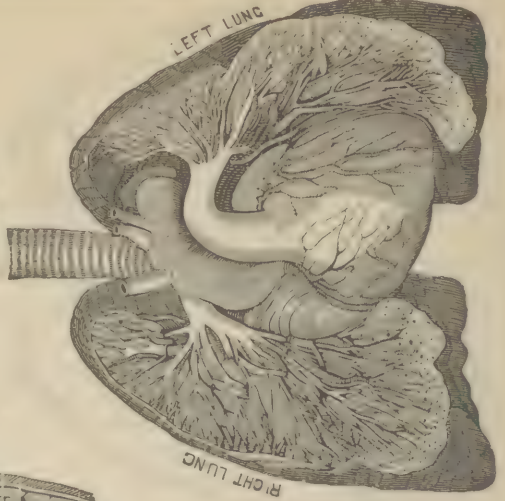


FIG. 5.

FIG. 5. shows the position of the lungs and heart in the chest, and the proper arrangement of these organs in a state of health, filling up all of the internal cavity above the diaphragm, which is represented by the dome-like membrane at the bottom of the engraving. The lungs are shown divided of the pleural membrane, that the arrangement of the lobules may be seen.

FIG. 6. The lungs, heart and wind-pipe in their relative positions. This fine illustration also shows the intricate net-work of arteries with their minute branches, which collect the aerated blood from the lung cells and return it to the left side of the heart, as described on page 72.

FIG. 6.



CONSUMPTION.

THE DREADED ENEMY OF ALL MANKIND.
CAN IT BE CURED? A SCIENTIFIC
ANSWER TO A QUESTION OF
LIFE AND DEATH.

(For treatment to cure see page 4.)

Consumption is a disease about which everybody knows something, but which very few thoroughly understand. Its outward distinguishing characteristics are, persistent cough, progressive wasting of the body, shortness of breath, expectoration of atteral mucus, occasionally bleeding from the lungs, hectic fevers, night-sweats, diarrhoea and gradual decline of all the physical powers.

The name, consumption, is applied to this disease because its destructive process consists principally in a wasting or consuming of the lungs as the result of their occupation by tubercular matter. But while the localised seat of the disease is in the lungs its real foundation and origin lie far deeper, involving a general, and to unskilled observers, a very obscure constitutional disorder. The general supposition that consumption is primarily a disease of the lungs is one of those common errors that naturally spring from superficial knowledge. In the general disorder which precedes and gives rise to destruction of the lungs almost every vital function of the system is implicated. See article on SCROFULA. The nutritive processes, the secretive and excretive operations, the circulation and the nervous forces are all seriously impaired. The derangement so depresses the vital tone of the body that, unaided, the most vigorous constitution cannot successfully resist it when once established, and the inevitable result is the formation of tubercles in some vital organ and consequently a lingering death.

What tuberculosis is, and what produces it, are questions that have puzzled the minds of many well learned men, and notwithstanding all their investigations they have failed to give the general public any concise, intelligent statements from which a correct conception of the true nature of the disease may be deduced. Tubercles are deposits of pale yellow, grayish or colorless transparent matter, which exists in a liquid form but gradually coagulates and hardens till it becomes a brittle substance about the consistency of cheese. These deposits are formed by particles of unorganized matter from the blood and may occur in any of the tissues of the body although they most frequently appear in the lungs. The constitutional derangement which develops this foreign matter is the root of consumption, and is known as the scrofulous diathesis. As we have already stated this derangement involves all the great vital operations of the system. The secretive and excretive forces, the nervous energies and the nutritive processes failing to work harmoniously together, the elaboration of blood material becomes imperfect and particles of matter are projected into the blood in such a condition

that they cannot be appropriated by the system for the formation of new tissue. Having once entered the circulation, these particles of unorganized matter can neither be absorbed by the system nor expelled through the excretory ducts. Consequently they collect wherever they find a favorable lodging place. The deposition of one particle becomes the nucleus to which others soon attach and thus a tubercle is formed. As the blood in which the foreign particles first assume distinct form, is constantly passing through the lungs in the process of aeration, and as the spongy alveolar texture of those organs is peculiarly favorable to the collection of extraneous matter, it is easy to understand why tubercles form more frequently in the lungs than in any other part of the body.

At their first appearance, tubercles are usually about the size of a millet seed and of a gray or white color, liquid in form and transparent. By additional accumulations and suppuration of the surrounding parts they may increase greatly in size. The fluid coagulates to a thick opaque substance and sometimes even becomes hard and chalky. Like a thorn, sliver, or other foreign body in the flesh, these tubercles in the lungs produce irritation of the surrounding tissue, giving rise to inflammation and suppuration, and are finally discharged through the bronchial tubes by coughing. Whatever lung tissue is involved in the tubercle and the consequent inflammation, is thrown off with the discharge and thus cavities are formed. If the system at this stage can be thoroughly purified and reinvigorated, the nervous, nutritive secretive and excretive operations restored to a perfectly healthy condition so as to stop the absorption of imperfect nutritive products into the blood, the tubercles will soon be removed from the lungs by suppuration and the cavities will heal. But the disease never assumes such a happy course of its own accord and such results are only to be obtained by the most skillful and scientific treatment. When allowed to run its natural course new tubercles are formed faster than the old ones can be removed by the efforts of nature, and the lungs are destroyed more or less rapidly according to the amount of foreign and unorganized matter deposited by the blood.

The duration of the disease depends on a great variety of circumstances and varies from a few months to several years. Sometimes it lies partially dormant for perhaps half a lifetime and then, as the result of cold, exposure or some acute disease, or perhaps without apparent cause, suddenly assumes a malignant character and terminates fatally in a few months. The average duration including all cases is about two years.

Symptoms. In the early stage of the disease, when the formation of tubercular matter commences, the usual symptoms are: dull languor generally a slight hacking cough (though this symptom may not appear till a later date) a feeling of fatigue, slight

emaciation, a dull pain in the chest, under the collar bone, shoulder blades and breast bone, often moving from one side of the chest to the other. In many cases there is no pain whatever, and the only symptoms are a dull, tired, languid feeling, and gradual loss of flesh. As the disease progresses these premonitory indications become more marked; expectoration of atteral mucus consisting of cord-like fragments of tubercular matter sets in; there is a slight difficulty in breathing, and the increase of white, colorless, yellow or purulent expectoration warns the victim of the formation of cavities in the lungs. These symptoms may exist for weeks or months before the patient can be convinced of the dangerous character of his malady, but as time passes, cough, pain and emaciation increase, fevers and night-sweats set in and perhaps bleeding from the lungs may take place. There are often seasons of comparative relief from these symptoms and the patient is deceived with the false hope that he is recovering, but the respite is short and soon succeeded by more violent and exhausting evidences of the progress of the dread disease. On the accession of hectic fever, which is almost invariably attendant on the latter stage of consumption, the truth can no longer be disguised whatever may have been the patient's hopes or fears before. It usually appears twice every twenty-four hours, one attack occurring towards morning and the other in the evening or late in the afternoon, the latter frequently being so slight as to be scarcely noticeable. It commences with chills followed by heat and ends with profuse perspiration. The opening of this stage indicates that the blood is beginning to absorb the decaying matter in the lungs and the disease rapidly progresses towards its fatal end. The mouth and tongue become sore and tender, the body wastes away to a mere skeleton, the countenance is changed, the cheek bones become prominent, the eyes hollow, the nails livid, the feet swell and the hair begins to fall out. The senses and faculties usually remain unimpaired to the end and it is a peculiar circumstance attendant on the disease that the patient is hopeful and seemingly unconscious of the near approach of death till almost the last moments.

Is Consumption Curable? A certain class of medical men have always been very ready to propagate the opinion that consumption is incurable. What prompts them to such a course is hard to explain, unless it is their own ignorance, a desire to make a show of wisdom which they do not possess, and to make people think that when they cannot cure a disease it is useless for any one else to try. The assertions of these doctors who just know enough to be dangerous have obtained a wide-spread credence and have caused an incalculable amount of harm. But there are plenty of evidences to prove that consumption has been and can be cured.

In the month of February, 1886, an old man from the Department of Saone-et-Loire, France, died of kidney disease in a hospital

at Lyons. The body was dissected by a progressive physician in search of knowledge to to enlighten the profession and benefit the race. All the organs except those affected by the disease of the kidneys appeared to be in a healthy state, and there was nothing aside from this to interest pathological research except the condition of the lungs. These organs, while sound and healthy and well fitted to perform their natural functions, showed a large number of cicatrices or scars, indicating where numerous tubercles had once existed, and furnishing conclusive proof that the subject at some time of his life had been in a dangerous condition from a genuine case of consumption. Inquiry into the man's history showed that at the age of twenty-three, fifty years before his death, he had gone to Paris to be treated for consumption, and that the doctors there had pronounced him incurable and sent him home to die! After the doctors had given him up he took some treatment prescribed by an old woman, and after a time he was restored to robust health. The name or nature of the remedy or remedies he took could not be ascertained, but it was learned that after the Paris doctors, who had pronounced him incurable, heard of his wonderful recovery they derided him for having taken an "old woman's remedy," and said he never had consumption, for if he had he would have died. Of course, this was a direct contradiction of their original diagnosis, and can only be excused on the ground that doctors, like the False Prophet, have prerogatives which entitle them to the privilege of changing their minds whenever it may be necessary to harmonize inconsistencies in their conduct.

The post-mortem examination, made fifty years later, proved beyond question that the man not only had consumption, but that he was permanently cured, and we bring these circumstances before the public to show how mistaken those people are, who, under the teaching of incompetent doctors, believe that consumption is an incurable disease. This erroneous opinion causes the loss of many lives, because when a doctor believes a disease incurable, he does not exert himself to save the patient's life, and when the family and friends believe as the doctor does they will not consult or employ any one who does cure or try to cure the disease, because they consider such persons quacks. Thus the victim is left to die. The old school doctors are responsible for this condition of affairs, which is so much to be deprecated. They teach people to believe that consumption is incurable, and they do not teach it because they have any reasonable ground for such a belief, but simply because what they term *authority* sustains it. Their authority is the writings of medical men, who for the most part are failures as practitioners, and who write principally for the purpose of advertising themselves in an æsthetic way. Their books are made up largely of mere theories and statements, without any positive evidence to sustain them; theories which

in fact, are often directly opposed to positive evidence. They elaborate systems of practice, which, instead of being based on practical success, reason, observation and history, are more frequently the outgrowth of speculative philosophy, and are published because the authors have nothing better to offer.

To the practical, scientific physician, the fact that consumption has been and can be cured, is well authenticated. There are hundreds of cases on record similar to the one cited at the beginning of this article, and the absolute proof they afford in regard to the curability of consumption is available to every studious physician. Why, then, do these men shut their eyes against the light, denounce progressive physicians and reiterate an ancient dogma which science has proved to be a falsehood? It is the duty of every honest doctor to take advantage of what science reveals to develop the means that nature has provided, and to make them more effectual for the cure of this long dreaded disease. This is the object we have kept in view while perfecting our New Method treatment, and we leave the reader to judge of our success from the results accomplished.

Hygienic Suggestions. For consumptive persons, a house built on dry, sandy soil is the most desirable. The rooms, especially the sleeping apartments, should never be allowed to get so cold as to be uncomfortable.

The clothing should be of such materials as give the greatest amount of warmth in proportion to their weight, so as to furnish complete protection against cold, without being burdensome. The diet should be regulated on the same principle, i. e. it should be varied, wholesome and nutritious, but light and unstimulating. Rest and sleep should be taken at regular intervals, and late hours excesses and dissipations of all kinds sedulously avoided. Care should also be taken to guard against everything that may have an exhausting, weakening or debilitating influence on the system, crowded rooms, draughts of cold air, damp clothing, too violent exercise or undue excitement, are all injurious. Open air exercise is of great benefit, but the kind and extent must be governed by the condition of the patient. If the disease is not far advanced, walking, riding, rowing and gymnastic exercises will be beneficial, but where the weakness and debility are so great that these cannot be indulged in without causing exhaustion, driving, sailing and other passive exercises should take their place. For further information on these points we refer the reader to the articles on DIET, EXERCISE, CLIMATE, ETC.

Treatment. The medicinal treatment of consumption must vary with the condition of the patient, and should be referred to the skillful physician. Remedies must first be directed at the constitutional disease, to correct the disorders of nutrition and prevent the further production of disorganized matter in the blood and the consequent increase of tubercles in the lungs. Then the local inflammations and congestions must be allay-

ed, and the various outward symptoms, such as cough, night-sweats, pains in the chest, etc., alleviated by proper treatment. All this can only be accomplished by the physician whose experience teaches him to modify his treatment according to the indications of the case before him. No one should delay in seeking the best medical aid after the symptoms of consumption have appeared, and no one should give up in despair because certain doctors have pronounced him incurable. There are people living in good health to-day who years ago, were pronounced incurable consumptives by these same doctors.

Those who heretofore have been misled by popular delusions, in regard to the incurability of consumption, should carefully consider the facts and arguments set forth in this article. They may be valuable in the future, even to those who are not interested in the subject now. For further evidence in regard to the scientific truth of our position on this subject, and the efficiency of the New Method Cure for consumption, we refer the reader to the statements and testimonials of patients under **REPORTS OF CASES CURED**.

CHRONIC BRONCHITIS.

Leading off from the trachea, or wind-pipe, are the two large bronchial tubes, which branch out into a complete ramification of smaller passages and serve to convey the air to every part of the lungs, as described in the article on **RESPIRATION**. The mucous membrane which lines these passages is liable to inflammation and congestion, causing abnormal secretions and producing many serious complications. The symptoms of chronic bronchitis are a short hacking cough with expectoration of frothy mucus, sensation of uneasiness behind the breast bone, tightness and pain in the chest and loss of strength. As the disease progresses, the expectoration becomes thicker, sometimes yellow or greenish, mixed with pus or streaked with blood. Every slight cold or exposure adds something to the severity of the disease, and though its course may often seem slow, its progress is always downward. Sometimes the more marked symptoms disappear in warm weather but return again in winter.

Causes. The principal causes of chronic bronchitis are exposure to cold, living in heated, ill-ventilated rooms, long-continued catarrh of the nasal passages, attack of acute bronchitis or acute catarrh, sudden transitions from heat to cold or from cold to heat and being exposed much to a cold damp atmosphere. Breathing particles of dirt, dust or metals, as in the case of employes in cotton, woolen and flour mills, machine shops, etc. is another common cause of irritation of the air passages, which results in bronchitis. Morbid conditions of the blood, and constitutions weakened and depressed by improper food, want of food, disease or exposure, are peculiarly favorable to the development of the disease. Bronchitis often terminates fatally, either by the

closure of the smaller air passages and the consequent obstruction to respiration, or by the development of tubercles in the lungs.

Treatment. Chronic bronchitis is often associated with gout, rheumatism, affections of the heart or kidneys, and many other morbid conditions. The treatment must therefore be adapted to the patient's constitutional tendencies, and should only be attempted by the discerning and experienced specialist in this line. As the disease presents so many different phases, all requiring different management, no general domestic treatment can be recommended. All the patient can do for himself will be to give careful attention to hygienic and dietetic requirements. Cold damp atmospheres should be avoided as much as possible, and great care should be exercised in regard to the clothing, in order to give protection against changes in the atmosphere and temperature. The sleeping room should be well ventilated, and if the climate is favorable, frequent exercise in the open air will be of great value. The diet must be nutritious and easily digested. Both the nitrogenous, or blood-forming material and the non nitrogenous or heat-producing compounds should be taken in generous quantities. See article on Food. By giving careful heed to these suggestions the patient may do much to check the progress and modify the severity of the disease as well as to aid the action of appropriate remedies, which should be obtained from a skillful physician at the earliest opportunity.

ASTHMA.

(For treatment to cure, see page 4.)

Asthma is a most distressing and obstinate affection, characterized by severe paroxysms of difficult breathing. It is most to be dreaded on account of the suffering it occasions, as it rarely, if ever, proves fatal, unless complicated with other troubles. It is not, in any case, an organic affection of the lungs, as some suppose, but partakes more of the nature of a nervous affection of the respiratory passages, and is directly due to the spasmodic contraction of the bronchial tubes.

Asthmatic paroxysms occur most frequently late in the night. The patient is awakened with a feeling of suffocation and heavy oppression in the throat, chest and epigastric regions, and is obliged to sit up, in order to breathe. He attempts to draw a long breath, but the air does not seem to reach or satisfy the lungs. Every effort is made to increase to the utmost the capacity of the chest, and every muscle of respiration is called into action, but without relief. The lips are parted, the face wears a pale, anxious look, and in severe cases assumes a livid expression, the eyes become prominent and watery, the pulse slow and feeble. Notwithstanding the great effort to get breath, the respirations are slow. Wheezy, rattling and gurgling noises are heard in the chest and throat, and the patient is often unable to

speak or move the head. The paroxysm may pass off in half an hour or it may continue with slight abatement for several days. Relief usually comes with the expectoration of a thin transparent mucus. The paroxysm sometimes passes off suddenly by the relaxation of the constricted passages, but as a rule relief comes gradually. When asthma is once established the attacks return periodically with greater or less frequency, according to the idiosyncrasies of the patient, and his exposure to exciting causes. In many cases where the intervals are short the effects never fully disappear, and the respiration is wheezy and partially obstructed at all times.

Asthma is merely a functional disease, and presents no morbid anatomy or organic lesions, but by the frequent recurrence of the paroxysms the mucous membrane of the passages becomes thickened, and bronchial catarrh is often induced. Another frequent result is the diffusion of air into the tissue of the lungs, giving rise to the enlarged condition of the organs, known as emphysema. In such cases dilatation of the right side of the heart, and other serious consequences often follow.

The parts principally implicated in this disease are the bronchial muscles and the nerves that supply them. The causes which produce asthma are therefore numerous and varied, as they act from without through irritation of the air passages, and from within through the nervous system and the blood. But whatever may be the exciting cause, we usually find underlying it a constitutional predisposition, either inherited or acquired. The direct causes, those which act from without, are irritation of the respiratory passages by dust, vegetable irritants, chemical vapors, climatic changes, etc. and bronchial inflammation. The dust from mills, threshing machines, particles of coal, steel filings, common street dust, the pollen of flowers and grass, etc. often produce paroxysms in persons predisposed to asthma. Some are so sensitive that the odor of certain plants, chemical vapors or the peculiar smell of some of the most common domestic animals will provoke spasms. Others are strangely sensitive to climatic influences, and no general rule can be prescribed as to where an asthmatic patient should go. Cases have been known where two persons afflicted with asthma lived very comfortably a few miles apart, and were comparatively free from spasms, but if either should go to the locality where the other lived he would be immediately attacked with violent paroxysms. Some are seriously distressed by changing their sleeping apartments to another part of the house. A large class of asthmatics suffer most in a damp atmosphere in combination with an extreme of either heat or cold. Another class are most affected by a close atmosphere such as is found in thick forests, deep valleys and during thunder storms. Some find relief in the open country, but more are benefited by the air in the heart of large cities. Everything depends on the idiosyncrasies of the patient,

and his own experience alone, will guide him correctly in choosing his place of abode.

The most common cause of asthma is bronchial inflammation, the results of catarrh, bronchitis, whooping cough, etc. These diseases implicate both the nerves and the bronchial muscles, producing undue irritability of the mucous membrane, induration of portions of the lungs, or enlargement of the bronchial glands, causing pressure on the nerves and thus inducing the spasmodic contractions characteristic of asthma.

Asthma is induced indirectly through an impure state of the blood, as in gout, skin diseases, renal diseases, etc. It is also caused by derangement of the nervous system through the emotions, anger, fright, etc., and the reflex irritability arising from disorders of the digestive and secretive functions.

Treatment. The great variety of the causes which may produce this disease render great skill and experience necessary to successful treatment. There are two ends to be attained in the treatment of asthma, viz: to allay the spasm and to remove the cause, so as to prevent its recurrence. Palliative remedies may be administered in the absence of a physician, in order to secure temporary relief. For this purpose emetic doses of lobelia will usually prove effective. Inhaling the vapor from the burning of stramonium leaves is also a good and reliable remedy in most cases. To effect a cure, however, the services of a skillful physician must be brought into requisition. He must first discover the cause of the irritation of the respiratory passages, and administer remedies for the removal of that cause. If bronchial inflammation is the cause of the paroxysms, this condition must be cured by proper treatment; if impurity of the blood is the cause of the irritation, the impurity must be removed; if nervous derangement is the cause, then the nervous forces must be restored to healthy action. In cases where asthma is induced by the inhalation of dust, vapors, etc., the attacks may be prevented by avoiding these causes, and in other instances a change of locality proves beneficial but even in these cases the patient can never consider himself cured until he has had such constitutional treatment as will remove the nervous susceptibility to the spasms. The ordinary treatment for asthma is only palliative, as the "pathy" doctors do not consider the disease curable. Treatment by the New Method is designed to cure, not simply to relieve. There is nothing in the nature of asthma to render it incurable, and if particular cases are intractable, it is on account of unskillful treatment or neglect.

HAY FEVER.

(For treatment to cure, see page 4.)

This is a catarrhal affection of the mucous membrane of the mouth, nose, eyes, throat and bronchial passages, accompanied by a difficulty in breathing less marked than that of asthma. It only occurs during the sum-

mer months and is called hay fever because it is produced by the action of the pollen of flowers and grasses, which at this season float in the air in great profusion, though in such minute particles as to be almost unnoticed except by those who are predisposed to the disease.

The attack of hay fever commences with itching in the palate fauces and nostrils, which is soon followed by sneezing and a watery discharge from the eyes and nose. Sometimes there is a headache and slight fever, and occasionally a dry cough and expectoration towards the close of the attack. The disease usually disappears as cold weather approaches, but with those who are subject to its attacks it usually becomes chronic and returns regularly every season.

Treatment. Persons who are subject to hay fever will be much relieved by avoiding localities where there is prolific vegetation. For this reason the air of cities is more favorable for this class of patients than that of the country, and the sea-shore more desirable than either. A sea voyage gives complete relief, because away from the land there is no pollen in the air to irritate the respiratory apparatus. Those who cannot change their residence should avoid hay fields and keep in-doors as much as possible. The following remedy will give great relief: Eight grains carbolic acid, one-fourth dram sulphuric acid, two grains sulphate of quinine with aromatic sulphuric acid sufficient to dissolve it, and four grains of tannic acid. Add the whole to four ounces of water and apply to all irritated surfaces—eyes, nose, throat and larynx, by means of a spray apparatus, which may be obtained at any drug store. Those who are able to go to the sea only obtain temporary relief, for as soon as they return to where the exciting causes exist they are as bad as before. A permanent cure, therefore, can only be expected from such treatment as will remove the constitutional predisposition to the disease. Those who are thus afflicted should not be content with present relief until they have tried the New Method Cure.

REPORTS OF CASES CURED.

The following reports of cases cured by the New Method treatment, in all parts of the country, include almost every form, combination and complication of Consumption, Bronchitis, Asthma, Cough and other chronic diseases of the throat and lungs. The experience we have gained in treating successfully such a great variety of cases is of incalculable value to all other invalids of this class who avail themselves of our skill.

In regard to these diseases it is hardly necessary to say that the most profound medical skill is essential to a cure; but we feel it our duty to warn the afflicted against depending on home treatment and so-called cough, asthma and consumption cures, because many lives are lost by relying on such things until it is too late. Many years ago the originator of the New Method Cure met a man who was rapidly declining with con-

sumption and advised him to use a certain remedy that was adapted to his particular case. The gentleman followed the advice and was cured. He knew that his life had been saved and was naturally very enthusiastic about the remedy that had accomplished such a wonderful result. He advised every consumptive he knew or could hear of, to use the same treatment, but the results were usually bad and he could not understand the reason until a number of years later, when he accidentally met the doctor again and learned from him that consumption affecting a person of certain age, sex and temperament requires different treatment from the same disease in another person of different age, sex or temperament, and moreover what is beneficial in one case may be injurious in the other. The gentleman then saw what a great mistake his enthusiasm had led him into. Thousands of others have suffered through the same error. People hear of a certain remedy that has cured certain cases of throat and lung disease, and they immediately begin to persuade their suffering friends to try it, never thinking that the cases it cured may have been altogether different. It is not strange therefore that they are generally disappointed.

Of all the cases of throat and lung disease here recorded, no two were treated exactly alike, but each one was treated scientifically according to its special requirements.

CONSUMPTION CURED.

(For treatment to cure, see page 4.)

Mrs. Martha Early, of Erie, Pa., aged 34, married, and the mother of two children, the youngest being about two years of age, consulted us in regard to the New Method Cure in 1884. After the birth of her youngest child she constantly declined in strength until the least exertion would cause rapid and difficult breathing. A variety of other alarming symptoms soon appeared, such as frequent pain in the lungs; a dry hacking cough; profuse leucorrhœa and piles. The cough grew worse, expectoration becoming yellow, thick and very copious; menstruation became scant, painful and delayed, finally ceasing entirely. Later on she had chills in the afternoon, fever in the evening and sweats at night, which soon reduced her to a living skeleton. In this condition (having exhausted all other means, including a trip to Florida) she applied to us by letter, and after some correspondence, which plainly indicated that neither herself or husband had much hope of a cure, a two-month's course of treatment was ordered. During the first few weeks the improvement was so slow as to be hardly perceptible, but before the two months had expired the menstrual functions were re-established, and there was an abatement of the other symptoms, together with an increase of strength that was highly encouraging. Had she persistently followed the treatment for a reasonable length of time she would have been entirely cured; but like many other people, with a little re-

turn of strength she became careless and neglectful. Her family physician told her husband that she would probably need no more regular treatment, that he would give her some tonic to build up her strength. His "tonic" served very well for a time, but at the end of six weeks she was prostrated worse than ever. Her husband then wrote to us again for another course of the New Method treatment, but it failed to accomplish as much for her as it did at the first trial, and they wrote to us in very discouraging terms. We informed them that we had anticipated just the experience reported, for by discontinuing the treatment so soon after improvement commenced, the disease had been allowed to take a fresh hold on her system, and it would necessarily require time to get it once more under control. After this they followed the instructions faithfully and persistently until the cure was complete. In August, 1885, Mr. Early wrote that his wife had been enjoying perfect health ever since discontinuing the treatment, seven months previous.

A CRITICAL CASE.

(For treatment to cure, see page 4.)

Mr. J. L. Storker, a real estate agent of Chicago, Ill., aged 42, was caught out in a snow storm and took a severe cold, which was followed by lung fever. After a long siege of sickness he recovered sufficiently to be up and around the city, looking after his business interests, but sound health and vigor did not return. He was easily fatigued, appetite poor and bowels costive. Although he took over two dozen bottles of cod liver oil and large quantities of elixir of hypophosphites of calcium, iron and strychnine, he neither gained strength or flesh. His lungs became sore and he then took a course of a largely advertised consumption cure, until the mandrake pills brought on the piles. His condition was then alarming. Cough, cough, cough, and raising frothy matter night and day, hectic fevers, night sweats and general decline warned him that something positive must be done. He wrote to us and ordered a three-months course of the New Method treatment, which he used diligently with the following result: at the end of the first month; cough less, appetite improved, bowels regular, no night sweats. Second month; cough slight, strength and flesh returning, at his office three hours a day without fatigue. At the end of the third month he reported himself cured. This was in November, 1882, and he was in our office in March, 1885, a well and hearty man. Since that time he has gone abroad and we have lost trace of him.

CURED OF CONSUMPTION AT THE AGE OF 61.

(For treatment to cure, see page 4.)

April 27, 1884, Mrs. Margaret Mehan, of Wells street, Price Hill, Cincinnati, commenced treatment by our New Method for consumption. She was then sixty-one years of age, and was so weak from the effects of the disease that she could scarcely walk. She could not sleep, had a terrible cough

with expectoration of yellowish mucus, rattling sounds in the chest, pains in the lungs, hoarseness and terrible night sweats. She was very nervous, skin yellow, cheeks sunken and to add to her misery suffered with painful granulated eye-lids. Among other alarming symptoms she had an attack of bleeding from the lungs, and her condition was indeed critical. The doctors who had been attending her pronounced it a genuine case of consumption, and said she had but a short time to live. After using the New Method treatment six weeks she could sleep well, had a good appetite, gained in flesh and strength, had no more hemorrhages, was not troubled with nervousness, and her skin had regained its natural color. She stated that she was strong and able to do a hard day's work without fatigue, notwithstanding her age. Her eyes were also cured so she could see to thread a needle better than for six years before.

CONSUMPTION WITH HEMORRHAGE.

(For treatment to cure, see page 4.)

Mrs. Ellen Long, of 460 Richmond street, Cincinnati, came under our New Method treatment August 17, 1882. She was then afflicted with frequent hemorrhage of the lungs, a persistent cough of seven or eight months' standing, night sweats and other alarming symptoms, which plainly indicated that the lungs were dangerously diseased. The bleeding from the lungs first appeared about three months before she consulted us, and towards the last recurred as often as once a week. She expectorated a yellow, frothy mucus, was reduced in flesh, and so weak and debilitated that she could scarcely walk about the house. She had been treated unsuccessfully by a college professor; three other doctors decided that she had consumption, and one said she could not live three months. Our New Method treatment cured her in five weeks. September 20, 1884, after a lapse of two years, she called at our office, in good health, brought a lady friend with her for treatment and attested these facts.

FRIENDS HAPPILY SURPRISED.

(For treatment to cure, see page 4.)

Mr. John C. Taylor, of St. Louis, Mo., was rescued from a consumptive's fate by the New Method Cure in the winter of 1883-4. He had all the symptoms of the dreaded disease—cough, pains under the collar bone, shortness of breath, night sweats, loss of strength, great emaciation, alternate constipation and diarrhoea, and other characteristic signs, but skillful treatment overcame them all, and in a letter dated March 14, 1886, he said: "In reply to your kind favor of the 10th inst., inquiring after my health, I inform you with pleasure, I am well and have been working steadily for a month. Those who knew how I was declining before I commenced your treatment are greatly surprised at my recovery, for they all felt sure I was dying with consumption, but now I know by my own experience that you can cure lung diseases that other doctors say are incurable, as they did in my case."

A WONDERFUL CURE.

(For treatment to cure, see page 4.)

Miss Annie Earder, W. Randolph Street, Chicago, Ill., a young lady aged 18, the hope and pride of her doting parents, was kept indoors for about a week, on account of a severe cold which she had taken during a sudden change of temperature while out on the lake in a yacht. After a week's careful nursing and home treatment she felt better and was able to go out occasionally, but strength and vigor did not return, she was fatigued by the least exertion; hands and feet were cold; appetite poor and bowels constipated. She took another cold, then came a hacking cough; pain in the upper part of the right lung; an unnatural redness of the cheeks; pearly whiteness of the whites of the eyes, with a bright lustrous expression. She was rapidly becoming weak and emaciated, the monthly periods were suppressed, and her condition was such as to cause her parents great alarm. They tried hip baths, various kinds of prepared food, cod liver oil, hypophosphites, malt and other remedies, but in spite of all their efforts, chills set in, and neither quinine, arsenic or any of the other chill cures had any effect in controlling them. A homoeopathic physician was then called, who did all he could, and at the end of a week gave up the case. One morning after a paroxysm of coughing, she had an attack of bleeding from the lungs, which caused the family great alarm, and it was evident that something must be done quickly or her life could not be saved. About that time a letter was received from her aunt in Rochester, N. Y., urging a trial of the New Method Cure, as it had cured her son of a severe case of bronchial catarrh. Being almost in despair, her parents were ready to grasp at anything that offered hope, and her father started at once, going over three hundred miles to consult us. His journey was not in vain, for he returned with renewed hope after hearing our opinion, and the remedies and instructions we gave him "brought his daughter back from the verge of the grave," as he wrote in May, 1883. We last heard from the young lady in June, 1885, when she was about to start for Europe. She had then been well two years with no return of any of the symptoms of the disease.

A CASE OF 12 YEARS STANDING.

(For treatment to cure, see page 4.)

Mr. H. J. Ludding, of Indianapolis, Ind., had been a confirmed invalid for twelve years. He had very injudiciously gone swimming in a cool river while suffering with an eruption of the skin, and the inflammation went to his lungs. The disease was temporarily relieved by his family physician, but only to resume its activity with renewed vigor. The case was peculiarly deceptive and complicated, as the doctor treated it for five years without effecting any change for the better. Other doctors were afterwards consulted, one of whom said it was a complicated case of liver trouble (in

that he was right, only he made the mistake of treating it as a single disease). After his failure another doctor was tried who made the mistake of treating only the lungs, and so it went from bad to worse, until Mr. Lud-ding wrote to us, saying: "I am wholly dis-couraged. My physicians don't know what is the matter with me, though I think they are doing all they can. I would almost be willing to die if I could just live to have my body cut open to know what is the matter with me." We assured him that we knew what was the matter with him, and that we were confident the New Method Cure would restore him to good health within twelve months. It did cure him and he now keeps a cattle ranch in Arizona.

A QUICK CURE.

(For treatment to cure see page 4.)

Early in the spring of 1881, Miss Laura Brekler, a young lady of 23 was brought to our office by her father and mother who de-sired our advice in regard to her case. She was considerably emaciated having been re-duced in weight from 132 to 112 pounds in six months. Her symptoms were rather peculiar and the local doctors were at sea in trying to diagnose the case. She had an occasional cough with expectoration of solid pieces of mucus about the size and often nearly the shape of a common bean; burning sensation on the top of the head and the soles of the feet; stitching pains in the temple, eyes, ears, teeth, chest and other parts of the body; sweaty pale-ness of the face with a circumscribed red spot on one cheek; chilliness about noon with nausea and faintness after dinner, fever in the evening; hunger about the mid-dle of the forenoon; derangement of the stomach causing belching and an offensive taste like rotten eggs; trembling sensation through the whole body; nervous and easily frightened. Some of these symptoms had been noticed more than six months pre-vious while others were of recent develop-ment. The treatment she had taken seem-ed to have no effect and her parents became very much alarmed. After a thorough in-vestigation and inquiry into the history of her case we prescribed a course of the New Method treatment which cured her in the short space of six weeks. She was married two years later and went with her husband to Dakota, since which we have not heard from her.

CONSUMPTION AND LIVER DISEASE

(For treatment to cure see page 4.)

Mr. Burt Maynard, of Wheeling, W. Va., was treated by prominent physicians in Pittsburg and Baltimore, previous to writ-ing us in regard to the New Method Cure. A careful investigation of his case showed that he had consumption complicated with disease of the liver. His complexion had a sallow muddy appearance; whites of the eyes yellow and small veins injected; tongue coated; bad taste; poor appetite; distress in the stomach; constipation; continual cough-ing at night with difficult expectoration of

frothy matter streaked with blood. The cough was usually worse just after retiring, after arising in the morning and after meals. He often had a tickling sensation in the throat which would end in a paroxysm of coughing, nausea and vomiting. Notwith-standing this formidable array of diverse symptoms his physicians had been treating him for a single disease. It was not strange therefore that instead of obtaining relief, he suffered a constant loss of flesh and strength being reduced in weight from 196 to 124 pounds. After using the New Method Cure for one month his cough had materially subsided, his appetite was greatly improved and he rested comfortably at night. At the end of six months he was well and consid-ered himself as he expressed it in his last let-ter received in April, 1886, "a better man physically than ever before."

GAINED 34½ POUNDS.

(For treatment to cure, see page 4.)

Mrs. Mary Jackson, of Nashville, Tenn., aged 44, a maiden lady of refinement and many accomplishments, was in a very crit-ical condition, suffering from the usual symptoms of consumption in an advanced stage. We at first hesitated about giving her friends encouragement, but after a careful consideration of all the history and con-ditions of her case we decided to treat her. Having naturally a strong constitution and being a woman of superior will power, she rallied more rapidly than we had reason to hope, and in six months she wrote that she was taking active exercise every day, horse-back riding, boating, etc., had regained the 34½ pounds lost during her sickness and was enjoying life generally.

QUICK CONSUMPTION.

(For treatment to cure, see page 4.)

In June, 1884, we were consulted in regard to the case of Mr. Henry Abler, who was in a most dangerous condition. The family physician said he had quick consumption, and desired to be relieved of the responsi-bility of the case. The patient had a short time previous recovered from a severe attack of typhoid fever, when he was taken with a chill, followed by high temperature and sud-den prostration, rapid breathing, cough with expectoration of sticky mucus, and other alarming signs. The New Method Cure brought him out sound and well in less than four weeks, and he has ever since main-tained that he owes his life to its prompt and effective action, because his home doctor considered him under the influence of a fatal disease.

AN OLD MAN CURED.

(For treatment to cure see page 4.)

This seemed almost like a hopeless case. A farmer who stated that he was 72 years of age, of a robust constitution and previous good health was taken with cough, rapid breathing, fever, great prostration and other symptoms which led his family doctor to the conclusion that he was in the advanced stages of consumption. He had fever every afternoon; was very restless; had no appe-

little; lost flesh very fast; was too weak to walk more than a few steps at a time; hands and feet were burning hot; his cough was harsh and hacking and came on in paroxysms. Family and friends thought he was going to die, and his condition was really so serious that we could not give any assurance of a cure, but under the New Method treatment there was soon a visible change for the better and he recovered so rapidly that all his neighbors were astonished. We last heard from him three years later when he was seventy-five years old and he stated that he was then hale and hearty.

BRONCHITIS CURED.

(For treatment to cure see page 4.)

Prof. Edward Lennox, of Springfield, Mass., contracted a cold, causing an annoying, irritating cough, which he neglected until it developed into a serious case of bronchitis, the cough getting deep and hoarse and all the symptoms becoming more aggravated continually. He had a dull headache, weak, sick, languid feeling, expectorated a glairy mucus which at times was thick and heavy. When he applied to us in June, 1884, he was rapidly drifting towards bronchial consumption, and feared he would soon have to give up his work, but through the prompt action of the New Method Cure, he was enabled to attend to his duties every day from the time he commenced the treatment. In November, 1884, he wrote: "I am fully recovered from my threatening and annoying bronchial attack, and find that I no longer take cold on slight exposure."

CHRONIC COUGH CURED.

(For treatment to cure see page 4.)

To cough and lose sleep, night after night, for weeks and months in succession, is certainly a terrible affliction, and one that will wear out the most vigorous constitution. Mr. W. A. Pendruff was a strong, healthy man, and boasted of his power to resist the attacks of disease, but in the winter of 1883 he was attacked with a severe cold, which after a time degenerated into a hacking, rasping cough, which at first did not cause much inconvenience during the day but greatly disturbed his rest at night. The irritation and loss of sleep soon began to tell upon his strength, and after six months he became so weak and emaciated that he was obliged to stop work. He claims to have tried over twenty different expectorants and cough remedies, but none of them even relieved him, and he continued to suffer for nearly a year, all the time growing weaker and more emaciated, until he was in despair of ever obtaining help, and would have welcomed the approach of death to end his suffering. About this time one of his neighbors who had heard about our New Method wrote and requested us to send Mr. Pendruff one of our papers. We complied immediately, and the sufferer after reading one of our articles on throat and lung diseases, with great interest, wrote a description of his case and ordered a month's treatment. The second night after taking the medicine he was enabled to sleep

well for the first time in a year. As soon as the cough was relieved he began to gain strength, and at the end of three months was entirely cured.

ASTHMA AND CHRONIC COUGH.

(For treatment to cure see page 4.)

Mrs. Delia Gebhart, a widow aged 40 living near Mansfield, O., had been for several years severely tortured with asthma and chronic cough—a most tantalizing and exhausting complication of diseases. Her cough was variable, being at times very tight and dry and again easy, deep and loose. Her liver was torpid, skin mottled with "moths" or "liver spots." She had tried several physicians and besides, many remedies recommended by friends. After the local doctors had pronounced her case hopeless she went to Chicago, and tried an "Oxygen cure" which afforded slight benefit for a time but after a few weeks failed to give any relief. From there she went to Colorado, but soon found she could not endure the climate and after a few weeks returned home in a worse condition than when she left. For eight weeks previous to the time she consulted us she had not been able to rest or sleep, in bed or in a reclining position, but had to be bolstered up in a chair with her head bent forward, and almost constantly gasping for breath. Seven months after beginning the New Method Cure she wrote: "I am earnest in my gratitude for what you have done for me. I am now able to do my own house work and sing as joyfully as the birds. I have not noticed any symptoms of asthma and have not been troubled with a cough for over three months. We all feel satisfied that I am permanently cured for I not only feel well but am constantly gaining flesh and strength. If any of the old symptoms should return you will hear from me at once." As we have not heard from her since we presume she is still in good health.

PROMPT CURE OF BRONCHITIS.

(For treatment to cure see page 4.)

When Mrs. L. H. Wheeler, of Louisville, Ky., commenced the use of our New Method treatment in October, 1883, she was so weak from the effects of chronic bronchitis that she could scarcely walk and had not enjoyed a good night's rest for nearly two months on account of the irritation in the throat and wind pipe. The effect of the remedies in her case was unusually rapid, for about two months later she wrote:—"Your treatment for bronchitis has produced wonderful results. After taking your remedies one week I was able to sleep and rest well, and since that time I have gained rapidly in strength and in weight till I have now regained my usual health."

ASTHMA AND BRONCHITIS CURED.

(For treatment to cure see page 4.)

Mr. Henry Kentwell, had been afflicted with asthma and bronchitis for three years and a half. For three months previous to the time he consulted us he had been much

worse than ever before. He could not breathe in a recumbent position, and was consequently obliged to sit up in a chair all night. He was also distressed with a harsh, hoarse cough, and was greatly emaciated, having been reduced thirty-five pounds from his usual weight. Under our New Method treatment he gained twenty-four pounds in three months, and was well enough to make an extended trip to the Northwest. He took a two month's supply of the remedies with him, and on August 17, 1884, he wrote as follows from Bismarck, Dakota: "I have taken all the medicine I brought with me, and take great pleasure in informing you that I do not need any more, as I am in good health, sleep well every night and have fully regained my strength."

A GREAT RELIEF.

(For treatment to cure see page 4.)

Mrs. G. F. Miller, of Pittsburg, Pa., obtained the New Method Cure in the spring of 1884. This lady had asthma, complicated with catarrh and bronchitis, and could get no rest day or night for days and often weeks at a time. The asthma would be so bad that she would almost suffocate; her liver became torpid and her whole system deranged. She was unable to endure any exertion and was completely worn out and tired of life. Five months under our treatment effected the wonderful change indicated by the following expressions from a letter dated Aug. 23, 1884: "I can not find words to express my gratitude for what you have done for me. After three years of such suffering as I endured it is indeed a great relief to be well and without pain. You shall always have not only my gratitude, confidence and respect, but also all the influence I am able to exert in your favor."

BRONCHIAL CATARRH.

(For treatment to cure see page 4.)

Mr. F. Henton, a farmer aged 37 living near Decatur, Ill., consulted us by mail in July, 1882, in regard to a severe case of bronchial catarrh. From his first letter we learned the following symptoms: Painful sensibility of the throat and wind pipe aggravated when drawing a long breath; constant tickling deep down the throat causing dry cough, worse at night; shooting pains through the chest when coughing or drawing deep breath; voice rough and hoarse; slight expectoration of whitish mucus, thirst and feverish pains in the head. These symptoms had been coming on for about three weeks and he had taken no treatment of any kind. One month under the New Method Cure effected a complete restoration.

ASTHMA OF SIX YEARS STANDING.

(For treatment to cure see page 4.)

Mr. Jas. Medaugh, wrote us as follows in July, 1886: "Your kind letter inquiring in regard to my health is received and I am happy to say that I do not need any more treatment, for your New Method Cure did its work effectually over six months ago." This gentleman who was about forty years old,

tall, and of dark complexion, had been a great sufferer with asthma for six years. The disease was always worse in the spring of the year, and at such seasons was so aggravated by talking that he could only converse a little at a time; he was anxious irritable and peevish; complained of constriction like a band around the chest; tongue coated and bad taste in the mouth. During the paroxysms of difficult breathing the muscles of the chest were rigid; the face red; the forehead bathed in perspiration and the eyes glassy and staring. Relief from the attacks usually came with expectoration of a yellowish mucus which was often streaked with blood. He was under treatment by the New Method just two months.

MORE THAN HE EXPECTED.

(For treatment to cure see page 4.)

After suffering with asthma for many years, Mr. Clem. Wygant, an Indiana farmer aged sixty-five consulted us in regard to the New Method Cure. He said he wished to try it simply because he had heard so much of its wonderful effects and therefore hoped it might relieve him. He did not believe asthma could be cured because he had tried in all twenty-four different remedies and only obtained temporary relief from six, the other eighteen proving entirely worthless in his case. In his case the attacks came on at intervals. Sometimes he would be quite comfortable for a month and then would be a week or two when he would have a severe paroxysm every night and would often have to sit in a chair till daylight with his head bent forward in order to get his breath. He had tried so many remedies and met with disappointment so often that we feared he would not give our New Method a fair trial, but it benefited him so much the first few days that he followed our instructions with the most commendable diligence and was rewarded with a complete cure at the end of six months. He thus obtained more than he expected, for he only sought relief and found a cure.

CATARRHAL CONSUMPTION.

(For treatment to cure see page 4.)

Mr. H. L. Stanley, of Elgin, Ill., was a gentleman of splendid physique and jovial disposition when we last saw him in June, 1885. His appearance was in strange contrast with his feeble and diseased condition when he first consulted us in August, 1884. His condition at that time may be understood by reading the following extract from a letter written to us about two weeks before he began treatment: "About three years ago I experienced for some months a slight catarrhal difficulty which was aggravated by every slight cold, causing a flow of thin mucus from my nose, but I did not consider it serious or liable to become so. A few months later I felt an irritation in my throat accompanied by a considerable hacking cough. As my throat and lungs became more and more tender and painful, my catarrhal symptoms seemed to abate and I congratulated myself upon the idea that the

catarrh had worked its own cure and I hoped the throat and lung difficulty would be of brief duration. But instead of improvement the annoyance and suffering grew more intense. I lost appetite, flesh and strength, would cough, cough, cough, in the day time on the least exertion, and almost continuously hacking and coughing at night for an hour or two after retiring, experiencing the same in the morning and expectorating a thick yellow or greenish yellow substance. My average weight in health was about 178 pounds, but it is now reduced to 131 pounds and my strength diminished even more in proportion. I am of a hopeful disposition and determined to find a cure if possible. A friend whom you successfully treated for rheumatism recently gave me a copy of one of your papers and in reading upon the subject of catarrh, it has occurred to me, that possibly instead of my catarrh having disappeared, my throat and lung trouble may have developed from it. In any case if the disease is not checked I fear it will carry me into consumption and the grave. I want your candid opinion of my case and your terms for treatment." We replied that his symptoms as given us were such as to justify serious consideration upon his part and he should lose no time in securing treatment, if not by us, of some thorough expert in lung diseases. Two weeks later he called and arranged for treatment and persistently followed our advice until radically cured, doing so under circumstances that would have discouraged persons less determined. Notwithstanding all this discouragement, he continued until restored to his former health, weight, strength and vigor. He made us a friendly call in June, 1885, while on his way east, being the picture of robust health. We have heard from him but once since and that was through a lady whom he advised to try the New Method Cure for catarrh and dyspepsia and who has also been cured.

AFTER MANY DISAPPOINTMENTS

(For treatment to cure see page 4.)

Miss Cora Libner, of Albany, N. Y. was the favored daughter of wealthy parents and enjoyed everything that heart could wish until her eighteenth year, when she began to decline slowly suffering unaccountable emaciation, debility, exhaustion and other symptoms which at a later period proved to be the premonitions of pulmonary consumption. The progress of the disease was slow and after spending two years under the care of leading physicians of New York City, she went to Boston, to consult a noted expert there, but he failed to afford any relief and with a sad heart she returned to her home. About that time the attention of her parents was attracted by reports of the wonderful results accomplished by the New Method Cure, and after considerable correspondence a course of treatment was ordered. For the first two weeks there was such decided improvement that the young lady and all her friends were elated with hope, but the third

week there was a relapse, bringing another season of gloom and discouragement, and they wrote us a very doleful letter intimating that they had nearly lost faith in our ability to accomplish anything in a case so far advanced. We urged them to cheer up and not to neglect the treatment for an hour or feel discouraged because the improvement was not steady, for relapses are inevitable in such conditions. They followed our advice and after a long course of treatment, that was not without seasons of discouragement, a permanent cure was finally accomplished. In August, 1886, the young lady was in the enjoyment of perfect health as we learned from a friend who consulted us through her influence.

INJUDICIOUS EXPOSURE.

(For treatment to cure see page 4.)

Many strong, vigorous men have brought on consumption and untimely death by injudicious enthusiasm in their efforts to make money or accomplish some enterprise in which they had embarked. During the inclement weather of the early spring in the year 1884, Mr. F. C. Reems, a prosperous and energetic farmer subjected himself very injudiciously to over-exertion and exposure while preparing building material for a large barn on his farm near Beaver Fall, Minn. As a result he was prostrated with a severe cold which confined him to his house for several weeks and reduced him to such a weak and debilitated condition that he could not do any work during the spring season. When the pleasant summer weather came on he attempted to go out in the fields and direct his men but found it would not do as the first day's exertion brought him down sick again. The doctors told him his lungs were not affected but he failed to gain any strength and suffered with a persistent cough all summer. In the fall he was advised to seek a warmer climate and accordingly went to Texas, where he was better for a time, but when the damp winds from the gulf set in his disease was greatly aggravated and he returned home much worse than when he left. His physicians could no longer conceal from his family or himself the fact that he had consumption, and were obliged to acknowledge that they were powerless to help him. He then began a correspondence with us and after securing our opinion of his case expressed a determination to come and consult us personally. As the weather was unfavorable and his condition so low we advised him not to subject himself to the fatigue and discomforts of such a long journey, but to have the remedies sent by express. He took our advice, and improved slowly during the winter. Early in the spring he had a relapse which he thought was going to be serious, but persisted in the treatment and after a few weeks began to improve more rapidly than before and about the end of June, he wrote that he would not need any more medicine as he felt entirely well and was regularly attending to his farm work. Since that time we have not heard from him.

A POSITIVE TEST.

(For treatment to cure, see page 4.)

The New Method Cure for consumption was put to a positive test under the personal observation of a large circle of friends in the case of Mrs. Nelson Morris, who came under our treatment in January, 1886. Her case had been pronounced consumption in an advanced stage by two popular and successful physicians, and the symptoms were so marked that no one would have any hesitation in accepting their opinion. She had the usual hacking cough, worse at night; expectoration of light-colored matter which would sink in water; afternoon fevers and night-sweats; emaciation and loss of strength, stitches as if pierced with a sharp knife through the breast, across the pit of the stomach and in the thighs; acute stitches in the chest on drawing a deep breath; vomiting; loss of appetite and great prostration. Though all the ordinary remedies had failed she began to improve immediately under the New Method treatment. The expectoration which had been dry and hard became moist and easy; the cough decreased and soon ceased to trouble her at all during the night; vomiting abated; the fever gradually decreased and soon after the night-sweats disappeared. Her appetite then began to improve and strength with gradual increase of weight soon followed. Her progress was watched with great interest by many friends who thought consumption incurable, and in less than eight months from the time she commenced our treatment they were gratified to see her entirely cured.

FAVORABLE SIGNS MISUNDERSTOOD.

(For treatment to cure see page 4.)

Mr. Wm. E. Jones, aged twenty-four, came to us for treatment for consumption suffering with the usual signs of the disease. After he had taken the remedies about five weeks his father came in evident alarm and informed us that he feared the disease was progressing because new symptoms had set in, the patient complaining of rheumatism in the muscles of the neck, swelling of the glands, hoarseness, ringing in the ears and headache. The family physician as well as friends feared that these symptoms indicated a dangerous turn in the disease and were anxious to have us prescribe special remedies. We informed the father that to change the treatment or add to it would be the greatest mistake that could possibly be made, as the new symptoms showed the remedies were beginning to control the disease, and should be a cause of increased hope instead of alarm. He was hardly satisfied with our explanation, but understood its force a few weeks later when he saw the great improvement that had taken place in his son's condition. The treatment was continued without change and the patient finally restored to perfect health. Thus it frequently happens during the progress of a cure, that the patient and friends are disturbed at the very symptoms which most encourage us as physicians.

A WRONG DIAGNOSIS.

(For treatment to cure, see page 4.)

Mr. Henry Watson, aged thirty-six, consulted us in a very downcast mood, two doctors having told him that he was in the advanced stages of consumption. After a careful investigation we informed him that a great mistake had been made in the diagnosis, though his condition was hardly less serious than he had supposed, being, instead of lung disease, a severe case of catarrhal bronchitis. He had been troubled for nearly a year with a rough, scraping cough, accompanied by expectoration which was sometimes tight and dry, and at other times easy and profuse. He had pains in the chest, occasional fevers and night-sweats and was very much emaciated having been reduced from 150 to a little over 100 pounds. He was so weak he could scarcely walk the two squares from his hotel to our office. His eyes were dull and lusterless and his face wore a pained and despondent expression. We treated him by the New Method according to our diagnosis and in due time accomplished the restoration of his health.

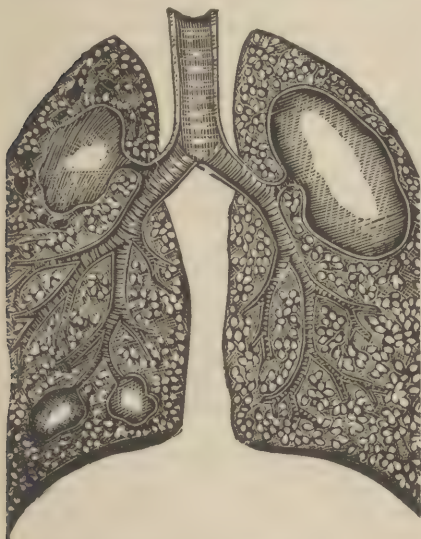
CONSUMPTION AND BRONCHITIS.

People often mistake bronchitis for consumption and vice versa. By carefully reading what we have already said on the subject and noting the different symptoms in the various cases reported, the reader will be enabled to form a satisfactory idea of the nature of these diseases, but for further convenience we give the following brief outline of differential indications: A feeling of dullness, languor and fatigue, paleness of the face, emaciation, increased frequency of the pulse, accelerated breathing, loss of strength and general debility of the system, cough and expectoration of mucus and sometimes discharges of blood, pains and a feeling of constriction in the chest, and, in the last stages, hectic fever and night-sweats, are symptoms characteristic of both consumption and bronchitis and are present in a greater or less degree, and in combination with others, in all cases. In consumption the cough may be absent until the disease has reached an advanced stage and when it is present it is usually more short and dry, the expectoration less and more difficult and the pus of a lighter color and much heavier than in bronchitis, so when unmixed with froth and mucus it will sink in water. In consumption the eyes are very often animated and lustrous, there is a circumscribed redness in the cheeks, the mind is clear and the disposition cheerful, happy and hopeful. In bronchitis the eyes are dull, heavy and lusterless, the face pale and the patient generally melancholy and despondent. When blood is expectorated in bronchitis it is more or less mixed with pus and mucus, while in consumption it is usually free from extraneous matter. The last stages of consumption are always marked by either cough, diarrhoea or night-sweats, and when any one of these symptoms is suppressed one of the others will immediately appear.

ILLUSTRATIONS OF THE LUNGS IN HEALTH AND DISEASE.



This illustration represents the lungs in a state of health, showing the relative position of the heart with the pulmonary veins and arteries, and also the windpipe and its connection with the smaller air passages.



Cavities in the Lungs of various sizes, the result of softened tubercles. As we have previously explained, cavities in the lungs are formed by the inflammation and subsequent discharge caused by the existence of tubercles. Where such a condition occurs the progress of the disease is rapid and alarming, but even at this advanced stage it is possible to stop the formation of tubercles, heal the cavities and effect a cure, as post-mortem examinations of persons who had

been cured of consumption have fully proved. Of course the lungs will never be strong after the disease has progressed so far, and it is only by the most prompt and effectual treatment that death can be averted.

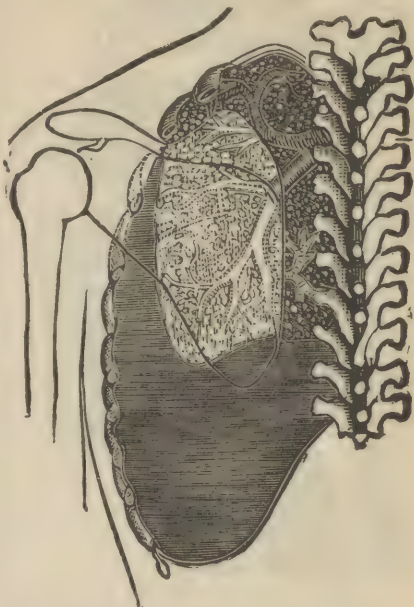
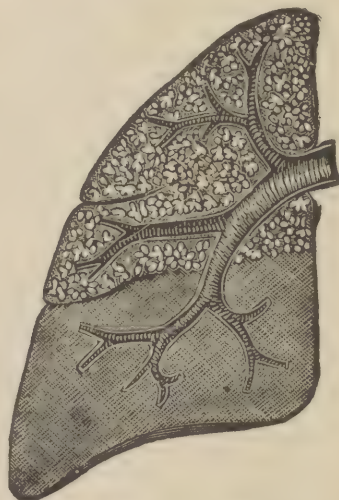


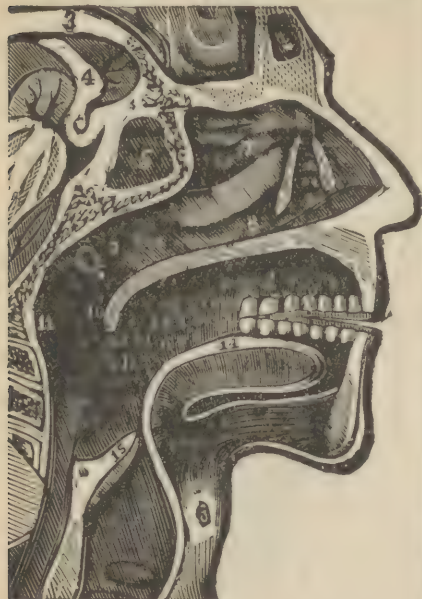
Illustration showing fluid (effusions) in the left pleural cavity, the result of either imperfectly cured Pleurisy or Inflammation of the Lungs.



Induration. This cut represents pulmonary induration (consolidation and hardening) of the lung tissue. It results from neglect or improper treatment of lung disease.

CHRONIC CATARRH.

THE LEPROSY OF AMERICA, A LOATHSOME DISEASE AND A NATIONAL PLAGUE.



(For treatment to cure, see page 4.)

It is well known that the ancient and universally dreaded disease, Oriental leprosy, has gained such a footing among the inhabitants of the Sandwich Islands that there is no hope of eradicating it for generations to come. The fact that lepers occasionally escape from Honolulu to this country to avoid banishment to the leper settlements has caused considerable alarm among the inhabitants on the Pacific coast. But we have in our own country a deep-rooted disease, more wide-spread in its ravages and apparently almost as obstinate in its hold. And yet, when we name this disease (Catarrh) many of our readers will smile and wonder why such an ado should be made over what they consider a trivial ailment. Those, however, who understand the nature of the disease, will fully agree with us when we say that it is the most common and one of the most obstinate affections that afflict the people of this country.

Catarrh, like scrofula and malaria, is the direct cause of many dangerous and fatal diseases. In its nature it is an inflammation, accompanied by profuse secretion, of any of the mucous membranes of the body. Thus, we have catarrh of the stomach, catarrh of the intestines, catarrh of the bladder, etc., but by far the most common manifestation of the disease is in the nasal cavities and upper air passages. To this form the term catarrh is principally applied, and to this our present attention will be directed.

Causes. Catarrh is usually the result of repeated attacks of what is commonly term-

ed "cold in the head" but in its worst forms it is often the local manifestation of some deep-seated constitutional taint, frequently appearing as the sequence of small-pox, measles and other eruptive fevers, or a scrofulous taint in the blood.

Symptoms. The early symptoms are usually a slight discharge from the nose, accompanied by dropping of mucus in the throat, and dull, heavy headaches in the temples and across the eyes. In time, the discharge from the nose becomes more abundant and the mucous membranes become swollen and inflamed to such an extent that it is difficult or impossible to breathe through the nostrils. The discharge is often thick, tough and ropy and can only be removed from the throat and nostrils by persistent blowing and spitting. In other cases the discharge is slight and the disease is principally recognized by headaches and a sensation of dull heavy pressure upon the brain above and around the eyes.

Effects on the Nose. The sense of smell is nearly always impaired, sometimes almost entirely destroyed. The nerves which run down from the olfactory ganglia at the base of the brain to the nose, radiate into a multitude of minute branches, which are distributed beneath the delicate mucous membrane of the nostrils. When this membrane becomes inflamed and thickened and covered with the catarrhal virus, the little nerves are deadened and the sense of smell is partially or entirely obliterated according to the extent and virulence of the disease. In many cases the acrid, poisonous discharge not only affects the mucous membrane and the nerves, but also involves the cartilaginous and bony structure of the nose. When the ulcerative process begins, the discharge becomes offensive and the breath fetid. Pieces of diseased bone and cartilage are thrown off in minute particles with the discharge, and sometimes come away in large blackened flakes, or decayed, crumbled pieces mixed with brownish incrustations and hardened lumps of mucus. Unless checked by skillful treatment this corrupt discharge continues to increase in volume and virulence until the entire nose is eaten away and death results from the extension of the destructive process to some vital part.

General Manifestations. Long before the above stage is reached, however, the victim experiences a train of distressing symptoms which make life a burden and cause him to wish for death. In addition to the physical disorders caused by the disease, it very frequently, from its proximity to the brain, causes loss of memory, confusion of ideas and sometimes insanity. As few persons are aware of the dangerous and obstinate character of the disease we shall now proceed to explain how it extends from one organ to another until permanent disorders and often fatal complications result. Many people suppose that there are several kinds of catarrh as it manifests itself in a variety of ways, but such an opinion only arises

from an imperfect knowledge of the nature of the disease. It may take different courses and assume different forms, according to the circumstances, constitutional peculiarities and habits of different individuals, but it is always essentially the same disorder. In one person it may be confined for years to its original seat, the nasal cavity, without developing any other alarming symptoms; in others the disease extends with greater or less rapidity and virulence to the ears, eyes, throat, larynx, stomach or lungs.

Impairment of Hearing. One of the most common results of catarrh is deafness. There is a small duct called the Eustachian tube, which forms a passage between the throat and middle ear. This duct is lined with a mucous membrane similar to that which covers the throat and nasal passages, and the extension of the inflammatory process along this passage causes thickening of the membrane and frequently gradual closing of the duct, either from an abnormal condition of its structure or from the accumulations of decayed matter. On blowing the nose a crackling sensation will be experienced in one or both ears, and a feeling as if the ears were "stopped." After a short time the hearing returns with a snapping sound as if the obstruction had been suddenly removed. This may be repeated many times, but finally the duct will be permanently obstructed and deafness will be the result. In a more advanced stage the virus ulcerates the drum of the ear, and an aperture is formed, through which a thick offensive matter is discharged. As the disease progresses the delicate bones become detached from their articulations and pass away with the discharge. In the absence of ulceration the impairment of the wonderful mechanism of the ear usually progresses without pain. The lining membrane is gradually thickened, reducing the size of the passages until the air is finally excluded from the cavity of the drum, and deafness is the result. A gradual, and it may be, an almost imperceptible loss of hearing, accompanied by ringing, roaring or noises in the ears, is often the only warning of the advanced stage of organic changes which are progressing towards a disastrous termination. These noises in the ears are nature's alarm bells, warning the sufferers of coming deafness.

Bad Effects on the Eyes. The small passage from the eyes to the nostrils, called the lachrymo-nasal duct, which in a state of health conveys to the nostrils the surplus secretions of the eyes, is also lined with a mucous membrane and often suffers from catarrhal inflammation. The thickening of the membrane often entirely obstructs the passage and the tears are continually forced to escape over the lids, causing weak watery eyes and often producing severe irritation and inflammation. The ophthalmic nerve is sometimes sympathetically affected, and the eyes become congested and inflamed. For further information on this subject the reader is referred to the article on diseases of the

EYES AND EARS. Such cases should have prompt attention lest the eyesight becomes permanently impaired.

The Digestive Organs. During sleep the catarrhal discharge drops into the throat and is swallowed, deranging the digestive organs, producing nausea, dyspepsia and loss of appetite. The lining membrane of the stomach is also liable to become affected with the inflammatory process and serious and painful disorders are the result. Derangements of the stomach, arising from catarrh, are usually, through ignorance, attributed to some other cause, and therefore the treatment administered frequently proves ineffectual.

The Throat. The poisonous discharge from catarrh almost constantly runs down over the delicate lining of the throat, and in time produces the same diseased condition of the membranes that exists in the air passages of the head. The patient may not be aware that the disease is working in this direction until it is far advanced, but there will soon be a sore raw feeling experienced in the throat, and on examination it will be found covered with pimples and ulcers. From the throat the disease extends to the trachea, or windpipe, and bronchial tubes and finally to the lungs.

The Lungs. When the catarrhal virus reaches the substance of the lungs, these organs rapidly become diseased, and consumption is the result. The first stage is characterized by tightness in the chest, with pain and difficulty in breathing. Sometimes there is a dull heavy pain, and at other times a sharp prickly sensation or darting pains. Whenever these symptoms appear, the patient may be sure that he is in a dangerous condition and unless relief is speedily obtained will soon be beyond the reach of human skill.

These are a few of the more marked effects of this loathsome disease, and will be sufficient to warn the prudent of its dangerous character. Those who are wise will not trifle with it or neglect the most efficacious means of checking its progress before it has worked irreparable injuries. Those who have neglected themselves until the work of destruction is far advanced should know from experience that no ordinary remedies and no common skill can help them. They can only hope for relief from those whose long experience in such cases has brought that knowledge and discrimination which is the only basis of successful treatment.

Treatment. The local manifestation of catarrh is often the evidence of some constitutional disorder or impurity in the system, and constitutional as well as local treatment is nearly always necessary. Though the disease is always the same, as it attacks different tissues or affects different organs the treatment must be modified accordingly. He who proclaims to the world that he has discovered a universal cure for catarrh is either very ignorant or very dishonest. All of the so-called catarrh remedies and specifics have cured some cases, but not one person in a

hundred is ever cured by such means, and many are injured by using these advertised remedies. No particular course of domestic or other treatment can be recommended for chronic catarrh. Each particular case requires treatment especially adapted to its peculiarities, and the only way to obtain such treatment is by applying to some one whose practical experience will enable him to discover, by critical examination, the true cause, extent and peculiarities of the malady, and to prescribe remedies appropriate to the existing conditions.

Hygienic Suggestions. In the absence of professional skill, as well as while undergoing treatment for catarrh, the patient can give himself such attention as will render a cure less difficult, and may check in a measure the onward course of the disease. As every acute attack of cold in the head aggravates catarrh, great care should be exercised in guarding against exposure to cold, dampness and other unfavorable conditions. Sudden changes of temperature should be avoided as much as possible, and such clothing should be worn as will serve best to protect against the inclemencies of the weather. The food should be rich in carbonaceous or heat-producing elements, see article on **FOOD**. Fat meats, butter, etc. furnish large quantities of carbon, the element necessary for the maintenance of combustion and the consequent production of animal heat, and by partaking liberally of this kind of food the system is better armed against cold, and the tendency to acute attacks in a measure overcome. The avoidance of acute attacks and aggravations, however, does not tend towards a cure. With the very best of care the disease will hold its own and make some progress, unless checked by proper medical treatment, but by avoiding the aggravating causes its course will be less rapid and dangerous, and proper treatment will give more immediate and satisfactory results. Therefore, while the patient should pay strict attention to these valuable hygienic regulations he should not depend on them entirely, but seek without delay the advice and assistance of the experienced specialist whose skill is absolutely necessary to produce a complete and permanent cure.

REPORTS OF CASES CURED.

Among the following reports of cases will be found examples of nearly every form of nasal catarrh. Further mention is made of catarrhal inflammations in other parts of the body in the articles on the **STOMACH**, **BOWELS**, **BLADDER**, ETC.

CATARRH CURED.

(*For treatment to cure, see page 4.*)

Mr. Charles Grath wrote to us in January, 1886, describing his case as follows: "My disease is catarrh, which has been troubling me for ten years. My nose is stopped and discharges offensive matter; the inside of the nostrils is sore, tender and ulcerated, and the sense of smell is almost entirely gone. my appetite is poor and my strength failing,

so that I feel tired and lazy all the time. My eyes are red and watery, and my hearing has begun to fail. I have taken enough medicine to cure a dozen people, if there had been any virtue in it, but I am getting worse all the time, and have not enjoyed a single day of good health for two years." After receiving our opinion of his case, Mr. Grath sent an order for a three-month's course of treatment, which greatly improved his condition. When his term had nearly expired he wrote for another supply of the remedies to take with him on an extended trip to the south-west. We heard nothing from him afterwards until about a year later, when he was in the city on business and called at our office to let us see how thoroughly our New Method Cure had done its work in his case.

A TERRIBLE FATE AVERTED.

(*For treatment to cure, see page 4.*)

Mr. Gustave Schwartz appealed to us for relief while suffering from nasal catarrh in its most aggravated form. His breath was horribly offensive, the loathsome disease having commenced to eat away the bones and cartilage of the nose. He had seen another case similar to his own in which the patient's nose was entirely destroyed, and the disease extended into the head until it reached the brain, causing death. Mr. S. knew that unless he found relief he would die the same way, and when his doctor told him he was incurable he was in a terrible state of mind. He lost no further time, however, but immediately put his case in our hands, and was soon overjoyed to find that our New Method treatment had checked the progress of the disease, and that he was beginning to improve. After faithful application of the remedies for nine months he was permanently cured. In a subsequent letter commending an afflicted friend to our care, he expressed his gratitude to us for having saved him from a terrible death.

NOSE EATEN OFF BY CATARRH.

(*For treatment to cure, see page 4.*)

Mr. G. H., of Chicago, had catarrh so bad and neglected it so long, that his nose was entirely eaten away. He had been aware of an offensive ulceration for more than a year, but had no idea that it would result so seriously until the delicate bones became involved in the destructive process, and after that the progress of the disease was so rapid that the whole nose was destroyed in less than three months. His home doctor told him that nothing could be done to stop the ravages of the dreadful disease, but he came to us and after a long and careful course of our New Method treatment, was cured. If he had applied in time, his nose would have been saved. As it is, he enjoys good health and is thankful for his escape from a horrible death.

CATARRH OF 20 YEARS STANDING.

(*For treatment to cure, see page 4.*)

Mr. Mark Tyman, a farmer near Greenville, Wis., commenced our New Method treatment for catarrh in August, 1882. He was then thirty-seven years old and had suf-

fered with the disease from the age of seventeen. His most disagreeable symptoms were mucous accumulations in the throat and nostrils, bad smelling breath, stoppage of the nostrils, painful and almost constant headaches. He had suffered these annoying symptoms for twenty years, because he had been told by so many doctors that the disease was incurable, and he was only induced to take our treatment after he had been convinced by his own senses that we had cured others of the same trouble. The use of the remedies for one month satisfied him that he had found what he needed, and he continued the treatment faithfully until he was cured. We last heard from him in June, 1886, when he called at our office on his way to visit friends in the east. He was then enjoying good health and was so enthusiastic about the New Method Cure that he recommended it to every suffering person he met.

AN OBSTINATE CASE.

(*For treatment to cure, see page 4.*)

The cure of Mrs. Maggie Purcell, of 1111 Pine Street, Louisville, Ky., after thirteen months treatment, fully illustrates the importance of faithful perseverance on the part of the patient in certain obstinate cases of long standing catarrh. This lady first became aware that she was a victim of progressive ulcerative catarrh in 1880. The disease had, no doubt, been establishing itself in her system for a long time previous, but in that year its first distressing manifestations made their appearance. The nose became clogged, matter discharged from the nostrils, with occasional blood-streaked crusts and scabs. The symptoms soon assumed such a degree of severity that Mrs. Purcell began to seek for medical aid. During a period of three years she continued to try various doctors, but in spite of all their treatment the disease gradually advanced, and so preyed upon both mind and body that she became a physical wreck. Her nostrils became clogged to such an extent that she could not breathe at all through the nose, and the disease, in connection with the painful local treatment she received from various specialists, affected her eyes, so as to cause suffusion of tears for hours at a time. August 13th, 1883, after three years of this kind of suffering, she consulted us and obtained the New Method treatment. After all her previous disappointments it was but natural that her faith should be small. However, in less than a month there was sufficient improvement to give her encouragement. The progress in her case was slow, but she was patient and faithful, and the cure was completed by the 1st of October, 1884. We saw her January 1st, 1886. She was then in perfect health, and the cure was pronounced permanent.

ON THE VERGE OF CONSUMPTION.

(*For treatment to cure, see page 4.*)

Mr. T. J. Baker had been afflicted with catarrh for seven years. He suffered almost constantly with a dull pain across the forehead, and an offensive discharge from the

nose. The disease first developed from a slight cold, but it resisted the treatment of a number of good doctors and grew worse from year to year. He would take cold on the least exposure and suffered the most disagreeable symptoms. The nostrils were often stopped, so that he was obliged to breathe through the mouth, his eyes became weak and watery and his hearing impaired. He had been told that he was incurable, and stopped taking medicine entirely, but soon discovered that the disease was beginning to affect his lungs. He began to experience dull, heavy, and sometimes darting pains in the chest, accompanied by coughing, expectoration and difficulty in breathing. Becoming alarmed he consulted several physicians, who told him he had consumption and could not be cured. He then came to us and was told that while his condition was serious and dangerous, it was not yet hopeless. He commenced our New Method treatment in the spring of 1883, and before the end of the summer considered himself entirely well. A letter dated from Elkhart, Ind., two years later, informed us that the cure was permanent.

MALIGNANT CATARRH.

(*For treatment to cure, see page 4.*)

Miss Stella Greene consulted us in the fall of 1882, being severely afflicted with malignant catarrh and ozema, (fetid ulcers in the nose). There was a copious discharge of greenish black crusts from the nostrils, with a most disgusting odor, and the nose was rapidly sinking from decay of the bones. The disease had been progressing slowly for many years, but now assumed an aggravated turn, and it became evident that in the absence of more efficacious remedies than had previously been tried, the patient's sufferings would soon culminate in a terrible death. At this stage the case was entrusted to our care, and though improvement was necessarily slow at first, a permanent cure was effected in due time, by the New Method treatment. We saw her two years later, and found her well in every respect.

HOME FROM FLORIDA.

(*For treatment to cure, see page 4.*)

Miss Elva Spooner called at our office with her mother, in November, 1885, while on the way to Florida to spend the winter. She was then twenty-one years old and had been afflicted with catarrh from the age of thirteen. The disease manifested itself in an offensive discharge, headaches, sneezing, accumulations of tough mucus, gagging, retching and nausea. She also complained of impairment of the sense of smell and loss of memory, and became despondent, fretful and unsociable. We advised thorough treatment, but she had determined to try the climate of Florida first. After two months she wrote that she was no better and ordered our treatment sent to her address in the south. A month later she stopped again at our office on her way home, much improved, and took enough medicine with her to last three months longer. We heard nothing more

from her until July, 1886, when in response to a letter of inquiry she wrote that she was well and did not think she would need any more treatment.

CHRONIC COLD CURED.

(For treatment to cure, see page 4.)

Mr. S. Cogan, of Rochester, N. Y., consulted us in July, 1883, about a chronic cold in the head of four years' duration, causing profuse discharge of offensive matter from the nose, bad breath, accumulation of dry mucus in the nose and stoppage of the nostrils, making it necessary to breathe through the mouth. The disease caused him a great deal of annoyance, and he had spent several hundred dollars for treatment and various patent remedies, but constantly grew worse rather than better. After taking our New Method treatment one month, he declared that it had done him more good than all the medicine he had previously taken, and at the end of three months considered himself entirely cured. He came to us in August, 1886, to get treatment for his wife, who was troubled with sore eyes, and at that time informed us that he had never suffered any more symptoms of catarrh.

STOPPED TOO SOON.

(For treatment to cure, see page 4.)

Mr. Geo. A. Pellam had been a victim of catarrh for many years, and thinking the affliction incurable, he had given it but little attention. Finally the acrid discharge which had been growing worse from year to year, began to affect the cartilage and bones of the nose, and large, ulcerated spots appeared, discharging thin, bloody, ichorous matter, and causing burning, smarting pains, when exposed to the air. Becoming alarmed at his condition, he came to us for treatment, May 20th, 1883, and after using the New Method Cure about two months, discontinued, contrary to our advice. In the fall of the same year he came again, complaining that the disease had returned. We told him it was his own fault, as he had stopped the treatment too soon. He then began the use of the remedies again and persevered faithfully until a permanent cure was accomplished.

HE MET AN HONEST DOCTOR.

(For treatment to cure, see page 4.)

While living at Toledo, Ohio, Mr. E. V. Kinsley commenced taking patent medicines, and continued his experiments for about three years, during which time he tried thirty different remedies. He was troubled with catarrh, which first manifested itself in dull, heavy headaches and accumulations of mucus in the nasal cavities. It grew worse and worse in spite of his home doctoring, and he was finally admonished by darting pains in the chest, fevers and loss of flesh, that the disease was beginning to affect his lungs, and had assumed a dangerous form. He was prejudiced against all kinds of doctors, but his critical condition finally impelled him to seek medical advice. Fortunately he consulted an honest and straightforward physician, who declined to take the

case on the ground that his practice and experience was with a different class of diseases, but advised the patient to come to us for our New Method Cure. He came at once, and in due time his health was fully restored.

CATARRHAL DEAFNESS CURED.

(For treatment to cure, see page 4.)

Mrs. Margaret Bayes called in August, 1886, to inform us that our New Method treatment had cured her of partial deafness, resulting from chronic catarrh. By examining our records we found that she had been treated by correspondence. The original description of her case, sent with her order for the remedies, showed that she was then suffering almost constantly with ringing and roaring noises in the head, dull, oppressive headaches and a feeling as if the ears were stopped. Some days she could hear much better, and would think she was improving, but the obstruction would soon return worse than before, until she was almost discouraged. Her first letter of inquiry stated that she wrote by the advice of a friend whom we had treated for a similar condition.

PERSEVERANCE REWARDED.

(For treatment to cure see page 4.)

For five years previous to 1883, Mr. J. D. Welker had been afflicted with an obstinate deafness and continual ringing in the ears. He had consulted the best aurist in New York, but failed to obtain any benefit, and was advised by this eminent doctor to give up seeking a cure, as he considered it useless. But Mr. W. was not to be discouraged so easily, and he was in due time fully rewarded for his perseverance. After investigating the claims of nearly all the leading specialists in the country, he decided to try our New Method Cure. On making an examination we informed him that his was a case of catarrhal deafness, and could be radically cured. He then commenced the treatment, and his hearing was not only restored, but his general health greatly improved.

CATARRH, CAUSING MENTAL DISEASE.

(For treatment to cure, see page 4.)

In the fall of 1882, Mr. James Hourigan, of 22 East Main St., Louisville, Ky., became afflicted with a malady, which, to use his own language, "seemed to oppress and enthrall him as completely as if he had been bound in chains, hand and foot." He could not understand his trouble, but surmised that he was the victim of some terrible mental disease. Notwithstanding that he abstained from all excesses of every description, his nights were made hideous by horrifying dreams. His speech was affected, his eyes swollen so that they would not correctly perform their functions, and he was constantly apprehensive that something awful was about to happen. These feelings seemed likely to dethrone his already clouded mind, and he was in a condition of despair. For some time previous to the development of these deplorable mental symptoms he had been a great sufferer with nasal catarrh, causing constant dropping of matter into

the throat, hacking and spitting. Finally impelled by the seriousness of his condition, he sought relief successively from a number of eminent Louisville physicians, giving each one from two to four months trial, but instead of receiving benefit, the disease grew more intensely distressing from day to day. After suffering for nearly a year, friends advised him to come to us, which he did on the 5th of August, 1883. After making a careful examination and hearing the history of the case, we informed him that his distressing symptoms were dependent upon the advanced catarrh and general functional derangement of the system, and that while his condition was peculiar in some respects, it was similar to a number of other cases that we had successfully treated by our New Method Cure. He commenced the treatment at once and to his great surprise and delight, in the short space of two months, his catarrh was cured, his mind made clear and his health completely restored.

BRONCHIAL CATARRH.

(For treatment to cure, see page 4.)

Mr. Chas. Delmore consulted us in regard to catarrh of eight years standing. Having neglected proper care and treatment, the disease extended to the larynx, air passages and lungs, causing a hacking cough, hoarseness, partial loss of voice, tenderness in the chest and chronic inflammation of the lining membrane of the bronchial tubes. After taking cold, to which he was very susceptible, the symptoms were greatly aggravated, and at last became truly alarming. After various experiments he was advised by a friend to take our New Method treatment. After using our remedies three months, he had no further annoyance from the disease.

CATARRH AND SCROFULA.

(For treatment to cure, see page 4.)

Miss Moore, aged thirteen, daughter of Mrs. Carrie Moore, of Washington, Ky., had chronic nasal catarrh from birth. The disease being the sequence of a scrofulous dyscrasia, assumed a very aggravated form. The discharge from the nose was offensive, of a yellowish, greenish color, and so obstructed the nasal cavities that she could not breathe through the nostrils. She also had glandular swellings on the neck, and suffered with dyspepsia and constipation. February 27th, 1884, after a course of our New Method treatment, her mother wrote as follows: "I thought I would write you a few lines, stating that my daughter considers herself cured, and thinks she will not need any more medicine. I am glad to inform you that your treatment has done so much for her."

CATARRH, CAUSING DYSPEPSIA.

(For treatment to cure, see page 4.)

Mr. P. J. Maloney, of Milwaukee, Wis., had been treated for dyspepsia by four different doctors, but none seemed to understand his case, and consequently they gave him no relief. When he consulted us, by mail, we sent him a special list of questions, in order to get a complete history of his case,

for we were satisfied that the other doctors had overlooked some important feature. It did not take us long to discover that the dyspepsia was caused by catarrh, with which he had been afflicted for a number of years. He did not have much confidence in our theory at first, but concluded to try our treatment, because all the other means which he formerly relied on, had failed. He was gratified to find that under the New Method Cure the catarrh and the distressing symptoms of indigestion disappeared simultaneously.

CATARRH, AFFECTING THE VOICE.

(For treatment to cure, see page 4.)

Miss Grace C. came to us in great distress, having been obliged to give up her position in a church choir, and her only means of support, on account of a most distressing tickling of the throat, cough and hoarseness, whenever she attempted to speak or sing. Rest, change of climate and other means had been tried in vain, until it was feared she would permanently lose her voice, but our New Method Cure effected a complete recovery in six months. Her voice has since been full and perfect.

DRY CATARRH.

(For treatment to cure, see page 4.)

In December, 1885, Mrs. Jane McGowan, from near Pittsburg, Pa., consulted us in regard to her case, having suffered for eight years with dull headaches, which at times became almost unbearable, and kept her in misery both day and night. The pain was dull and heavy extending across the temples and around the eyes, with a sensation as of a board being pressed against the forehead. Her nostrils were usually dry and parched with a choked-up stuffy feeling in the posterior nares. After reading one of our papers and comparing her symptoms, she was led to believe that she had catarrh, but her family physician told her that could not be, as she had so little discharge from the nose. She wrote to us, however, describing her case and asked our opinion. By making a few inquiries in regard to some important matters which she had omitted in her first letter, we were enabled to discover her true condition, and informed her that she was suffering with a bad case of dry catarrh, which could only be cured by a thorough course of treatment. Her order came by the next mail, and by giving faithful attention to our instructions, she was cured in six months.

N. B. There are a great many people and not a few doctors who do not understand how there can be such a disease as dry catarrh. The explanation is simple enough. In ordinary catarrh the inflammation causes the secretion and discharge of abnormal mucus in abnormal quantities, while in dry catarrh it so impairs the functions of the membranes that the secretion of mucus is almost or entirely suspended. It may therefore be readily seen why the latter disease is even more obstinate than the former, though the outward signs may seem less serious.

THE HEART.

THE GREAT CENTRAL ENGINE OF LIFE.—
THE DISEASES TO WHICH IT IS SUB-
JECT.—THEIR FATALITY
AND CURABILITY.



(For treatment to cure, see page 4.)

In the article on THE LUNGS we have shown that the essential process of animal life consists in the continued operation of *exosmosis* and *endosmosis*, carried on primarily in highly organized systems by the act of respiration, in conjunction with the circulation of the blood. The heart is the great central engine of the circulation. It is a pear-shaped body with four compartments, two chambers or cavities called ventricles, and two ante chambers called auricles. From their respective positions, these cavities are called the right auricle and right ventricle, and the left auricle and left ventricle. The blood which has been used for the nourishment of the body, returns laden with the noxious products of decomposition, and is poured into the right auricle; from this ante chamber it passes through the tricuspid valves into the right ventricle, which by contraction forces it out through the pulmonary artery and into the lungs, where it is relieved of carbonic acid and absorbs oxygen, as described in the article on THE LUNGS. The purified blood is then collected and returned from the lungs through the pulmonary vein, which empties into the left auricle of the heart. From this second ante chamber it passes through the mitral or bicuspid valves into the left ventricle, from whence by contraction it is forced into the great artery called the aorta, which divides and sub-divides, forming the smaller arteries and carrying the arterial blood into the

capillaries and to every pore of the system. Having thus seen the manner of the heart's action and the character of the work which it performs, we can readily understand the reasons for the great number of sudden fatalities that result from disease of this organ. If it stops for a moment, or is interrupted in its operations, the essential process of life is suspended and death is inevitable.

Heart disease is unquestionably the most prevailing cause of sudden deaths that we know of in these times. Almost every newspaper that is printed contains one or more notices concerning persons who have suddenly dropped dead in the midst of their daily business, or who retired at night apparently in good health, and were found the next morning cold in death. This common and dangerous malady exists in a great variety of forms, but the symptoms, as they appear to unprofessional observers, are so similar that among the people the general term, heart disease, is ordinarily used to cover all cases. No matter what part of the heart may be affected, there are always certain unmistakable signs, which in all cases are sufficient to warn the patient that the great central machinery of the circulatory system is out of repair and demands immediate attention. The most common forms of heart disease are: *Pericarditis*, inflammation of the heart sac; *Endocarditis*, inflammation of the lining membrane of the heart; *Hypertrophy*, enlargement of the heart; *Valvular disease*, insufficiency of the valves of the heart; *Fatty Degeneration*, abnormal deposits of fat in the tissues of the heart; *Hydropericardium*, effusion of fluid into the heart sac; *Aneurism*, dilatation of the aorta or the walls of the heart; *Stenocardia*, pain in the heart; and, *Nervous Palpitation*.

Pericarditis. The heart is covered and protected by a sac called the pericardium, consisting of serous membrane similar to that which covers the lungs and other internal organs. This membrane may become inflamed from the effects of cold, or as the sequence of pneumonia, pleurisy, etc., but more frequently from rheumatism, excessive use of alcoholic liquors, long-continued mental depression, violent exertion and blood diseases. The symptoms are: difficulty in breathing; often a short, dry, hacking cough; acceleration of the pulse; palpitation of the heart; sometimes sharp cutting pains in the region of the heart; and, in acute attacks, chills and fever.

Endocarditis. This term signifies inflammation of the endocardium, the membrane that lines the interior of the heart. The more prominent signs of this affection are: palpitation; small, soft pulse; difficulty in breathing, with quick and uneven respiration; headache, fainting, congestion of the brain, delirium and stupor. Frequently there are wandering rheumatic pains, severe pain and oppression in the region of the heart. The symptoms are usually aggravated by lying down or getting the head low, and sometimes the patient is obliged to sit perfectly quiet in an upright position.

Hypertrophy and Dilatation are terms used to indicate enlargement of the heart. When the mass of the heart muscle is increased and the walls thickened, it is called hypertrophy. When the inner cavity of the heart is also enlarged and the walls have grown thinner through expansion, it is called dilatation. We seldom find the whole heart hypertrophied or dilated; usually only one side is affected. These conditions are induced mostly by indulgence in spirituous liquors and other stimulating drinks; powerful emotions and excitement; and, obstructions in the circulation, which may arise in the lungs, in the valves of the heart or in the arteries. The symptoms of hypertrophy and dilatation are: dizziness; stitching pains in the heart on drawing along breath; cold sweats; palpitation and rushing of blood; pain and bloating of the lower limbs.



Hypertrophy and dilatation. Illustration showing enlargement of the heart.

Valvular Disease. The valves of the heart may become shortened, thickened, hardened, shrunken, lacerated or malformed in various ways so as to disturb the heart's action and impede the circulation. Thus by contraction of the valvular openings the blood may be prevented from flowing freely into the ventricles, while from insufficiency of the valves, the blood that should be forced into circulation by the contraction of the ventricles, may be allowed to regurgitate. The usual symptoms of valvular disease are: oppression in the chest; a general sense of lassitude; exhaustion after slight exertion; restless and disturbed sleep, with frightful dreams; headache, cough, palpitation and dropsy; pains around the heart; difficult breathing; the heart sometimes

feels as if grasped by an iron hand; the face pale, anxious and sometimes almost death-like; the heart flutters and sometimes appears to stop.

Fatty Degeneration. In this disease there is a change in the tissues of the heart, by which the muscular fibres are replaced by fatty particles. The muscular walls thus become weakened and are liable to rupture. In some cases the heart becomes entirely covered with fatty deposits, and whether the fat begins first to accumulate around the heart or among the fibres, degeneration of the muscles soon takes place. Fatty degeneration may be caused by various blood diseases, fevers, Bright's disease of the kidneys, liver disease or the continued use of alcoholic liquors. Its presence is indicated by feeble pulse, dizziness and fainting. Death is liable to occur from rupture or paralysis of the heart.

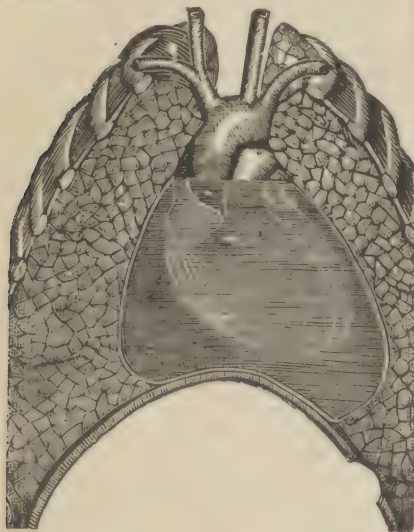
Hydropericardium; dropsy of the pericardium, consists of an effusion of fluid into the heart sac, distending the membrane and enveloping the heart itself in the watery substance. This condition causes great difficulty in breathing, and where the fluid has accumulated in any considerable quantity, any attempt to lie down causes an attack of suffocation. Thus the patient is obliged to sit up day and night with the body bent forward. The jugular veins swell and dropsical effusions appear in other parts of the body; first in the feet and legs, next in the abdomen, and afterwards, unless checked by skillful treatment, the whole system becomes involved and death ensues.

Aneurism is a dilatation of a short piece of an artery or of a section of the walls of the heart. It most frequently affects the *aorta*, the great artery which receives the aerated blood from the left side of the heart, and, dividing into branches, conveys it to every part of the system. Aneurism is indicated by swelling of the jugular veins; palpitation of the heart; difficulty in breathing; dropsy of the upper extremities; difficulty in swallowing; hemorrhage from the wind pipe, asthma and bronchial catarrh; congestion of the brain and paralysis of the lower extremities are not uncommon consequences.

Nervous Palpitation and Functional Derangement are terms used to cover those disorders in which there is increased, decreased or irregular action of the heart, without any discoverable organic lesions. The most conspicuous symptoms are: nervous palpitation; distress and pain in the chest; throbbing of the carotid arteries; flushing of the face at times and at other times pallor and cold sweats; dizziness, faintness and specks or flashes of light before the eyes; difficult breathing and suffocation. Some patients cannot lie on the left side, and others cannot lie down at all. These disordered conditions of the heart may be brought about by strong emotions and excitement; dissipations, excesses and want of sleep; the use of tobacco and alcohol; by diseases of the brain and spinal cord; derangement of the stomach, bowels, liver, kidneys, etc.; chlorosis;

anæmia and other blood diseases; uterine diseases; intestinal worms and other causes that act on the circulation and nervous system.

Stenocardia, or *Angina Pectoris*, is a disease characterized by paroxysms of severe pain, beginning in the region of the heart, radiating over the left side of the chest and extending into the left arm. The pain is often accompanied by a peculiar sensation of anxiety and oppression, sometimes gasping for breath, fainting, cold, clammy sweats and other violent symptoms. This severe and dangerous affection is also of nervous origin, being of the nature of neuralgia of the heart.



Hydropericardium, dropsy of the heart. Illustration showing fluid distension of the heart sac.

Successful Treatment can only be administered by experienced physicians, who are able to discriminate with precision between the symptoms of these various forms of heart disease, and only such should be allowed to treat them. By the statements of ignorant doctors, many patients suffering with heart disease, are deceived in regard to the true nature of the disorder until it is too late; until they are prostrated with a fatal attack, or drop dead as suddenly as if shot through the brain. Those who experience any of the following symptoms should take warning, and not trifle with a disease so fatal and so treacherous: palpitation of the heart when one is at rest in body and mind, or after slight exertion; feeble or irregular action of the heart; a fluttering sensation, with cardiac murmurs; inability to lie on the left side; throbbing of the temples and noises in the ears, with paleness of the cheeks and lips; accelerated action of the heart, with grating, jerking sounds; flushed cheeks and throbbing behind the ears, with dizziness, or a sensation of dripping down the head; fainting spells and nervousness; deranged

kidneys, cough, and fullness about the head; numbness, or a cold, nervous prickling in the left arm or shoulder, or the fingers of the left hand; gasping or catching for breath, with a feeling as if going to die; the heart almost ceasing to beat, and then suddenly increasing to great volume; a feeling of numbness or torpor all over the body; pains in the chest and region of the heart; suffocating spells, with pallor of the face, anxiety and fear; pain in the left shoulder, shoulder blade and left breast. When allowed to run its own course, heart disease is always progressive, with a strong tendency towards a suddenly fatal termination; yet our unprecedented success has fully proved its curability when taken in time, and treated according to the teachings of science and experience.

For over twenty years we have been studying, treating and curing heart disease, and the originator of the New Method Cure was the first to proclaim heart disease curable. Since the announcement was made nearly all advertising doctors claim to cure the disease. We do not know whether they cure it or not, but we do know that they try to copy our articles and treatises on the subject, and seek in some way to appropriate for their own advantage the reports of the cures that we have accomplished. The "regular" allopathic physicians do not believe that heart disease is curable, hence they do not attempt to cure it. The eclectics do not claim that the disease is curable, but they treat it, as some members of that pathy claim to have discovered marked virtues in various vegetable remedies. The homeopaths also administer many remedies, as indicated by the great variety of symptoms accompanying the disease in its various forms. It therefore remains for the patient to submit to neglect of treatment under the advice of doctors who do not believe heart disease curable; accept treatment that is only intended to palliate the disease; run the risk of being treated by some doctor who claims to treat it successfully simply because he knows that we cure it; or, adopt the course of wisdom by applying to us for treatment that has stood the test of years of experience and that has hundreds of wonderful cures to verify its success.

REPORTS OF CASES CURED.

The treatment for heart disease by the New Method has been marked by a success unparalleled in the history of medicine. For the past ten years we have had an average of 125 cases of heart disease in its various forms and complications under treatment, by correspondence and at our offices, at all times, the total number of patients being well up in the thousands. We do not claim to be able to cure every case of heart disease, but we do claim to have effected many remarkable cures. The following are reported to show what the New Method Cure has done for this class of sufferers; we have no failures to report and we ask the afflicted to investigate for themselves.

HEART DISEASE AND DIZZINESS.

(For treatment to cure, see page 4.)

Imagine yourself so dizzy that you could neither stand on your feet or sit in a chair without a constant fear of falling, and experiencing almost constant faintness, and nausea of the stomach, aggravated to vomiting by any sudden movement of the eyes. Unable to walk in a room or on the street without the assistance of some one to steady your movements, like one under the influence of intoxication; yet with an apparently strong healthy body, a good appetite, and digestion good so long as you avoid movement of the head or much motion of the body, but certain nausea and vomiting on turning the head or eyes quickly in any direction. A strong looking man as helpless as a child. Imagine yourself in such a condition and then you have a faint conception of how Mr. Scott had lived and felt for nineteen years. He had expended a fortune in efforts for relief. We diagnosed the disease as "weak heart." Doctors laughed at the name. There was no such disease mentioned in the books at that time—1878—but there is now. Modern Medical Journals report many cases of weak hearts. We treated John Scott for weak heart and cured him. He was poor and we treated him gratis, just to show what we could do in a case that had baffled other doctors for nineteen years.

A SICK HEART HEALED.

(For treatment to cure, see page 4.)

Miss Mabel R. Manton, aged twenty, of Richmond, Va., corresponded with us in 1884 in regard to treatment, stating her case as follows: "I have a trouble that is a source of considerable anxiety to both myself and parents, I don't know how to describe it better than call it a "sick heart," for I have so often a sick smothering sensation in my heart, almost losing consciousness at times. I have to avoid lying on my left side, and at times my feet and limbs bloat so we fear I am threatened with dropsy." We heard no more from her for some months, when she again wrote to us, and as she was much worse, ordered a three months course of the New Method treatment, saying she would have done so before, but their family physician ridiculed the idea, and she continued his treatment. In just ten weeks from the time we sent her remedies, she wrote us a most gracious letter, acknowledging entire relief from all her former annoying symptoms.

THE HEART; NOT THE STOMACH.

(For treatment to cure, see page 4.)

Mrs. L. D. McFarland, of Detroit, Mich., called at our office to consult about a case of "dyspepsia and general debility," with which her daughter Jennie, aged seventeen, had been suffering for over a year. Very weak and nervous, constant pain under the left shoulder, in the side and arm, fullness of the stomach, palpitation and shortness of breath upon the slightest exertion. She had been prostrated three times during the past year with suffocating and sinking spells.

The family would think her dying, and call their physician. He attributed her symptoms to "indigestion," claiming there was no disease of the heart. At the time of the mother's visit for consultation, the young lady was very feeble, nervous and irritable. Her friends thought she could live but a few months at most. We diagnosed her case as heart disease, treated her for the same and cured her in nine months, for as soon as the blood circulation was equalized and freely flowed through the mesenteric vessels, digestion became good, strength and flesh were regained, and buoyant health established, and all by the New Method treatment for the heart.

AFTER ELEVEN YEARS.

(For treatment to cure, see page 4.)

Sometime in 1873, the originator of the New Method Cure treated Mr. T. L. Smith for heart disease. About eleven years later we received a letter from the patient, dated at Philadelphia, July 7th, 1884, containing the following paragraph: "I have just received a copy of one of your papers, which reminds me of the great benefit I received from your treatment eleven years ago, and I desire to add my testimony to that of hundreds of others whom you have cured. When you took charge of my case I was suffering severely with palpitation and accelerated and irregular action of the heart, pains in the left side of the chest, suffocating spells, numbness, dizziness and bloating of the limbs. I had been pronounced incurable by some of the leading doctors here, and was in constant fear that I would suddenly drop dead. The fact that an uncle and one brother had died with heart disease added to the alarming nature of my symptoms, made me almost certain that death was not far off. But to the great astonishment of myself and all who knew my condition, I improved under your treatment, and at the end of nine months felt perfectly well. I have not seen you since, but the cure has been as permanent as it was complete, for it is now over ten years since I have had any signs of the much dreaded disease."

HEART DISEASE AND DROPSY.

(For treatment to cure, see page 4.)

Mrs. E. A. Somers came to us in 1880, and said she had heart disease, that her physician said she was incurable, and that she was likely to drop dead at any moment. She complained of pain in the region of the heart; shortness of breath on slight exertion or going up stairs; palpitation; sudden stoppage of the heart; intermittent and irregular pulse, pain in the left side; left shoulder and left arm; numb prickling in the left hand and fingers; a feeling of great and impending danger, afraid to be alone; nervous; easily excited; fullness and bloating of stomach after eating; dizziness of the head; a feeling of forgetfulness, as though she were lost; rush of blood to the head; at other times great paleness of the face; inability to lie on the side; sudden starting on going to sleep; alternate constipation and diarrhoea. In addi-

tion to these symptoms, fullness of the limbs and bloating of the feet and ankles led her to believe that she had the dropsy. She said that her mother had died a few years before from disease of the heart; a brother had died suddenly from the same cause, and she expected to go the same way. We told her that it would cost less to take treatment and get well than to pay funeral expenses. She concluded to try it, and though her case was very obstinate she was finally cured after following the New Method treatment for eleven months.

AFTER MANY DISCOURAGEMENTS.

(*For treatment to cure, see page 4.*)

Mr. Hanes had been the victim of heart disease for eight years. He suffered with a fluttering sensation in the stomach and left side of the chest, pains and numbness in the left arm and shoulder, frequent attacks of suffocation and palpitation of the heart. Having been treated unsuccessfully for several years, and then informed that his condition was incurable, he decided to suspend all efforts towards obtaining a cure, and let the disease take its own course, but after a few years it became so bad that he saw plainly he must soon die unless he obtained relief. Having heard of our success in the treatment of heart disease, he came to us in September, 1882, and was cured.

A DEAD HEART REVIVED.

(*For treatment to cure, see page 4.*)

Mr. Andrew S. Corliss, of Toronto, Canada, wrote to us in 1883 as follows: "I am a victim of heart disease, which first came on me about ten years ago, since which time I have suffered a thousand deaths, from pain and anxiety. Much of the time I am a helpless invalid, often my heart is dead, to all appearances, and twice my friends and physician thought life was extinct. Yet I am still lingering the tortured life of a heart diseased invalid, can you give me any hope of a cure? Money is dross to me compared with the danger of sudden death. Mr. McDevitt, whom you cured last year, says he is sure you can cure me, and I wish you to try hard to do so. My physician gave up my case as an incurable organic disease of the heart, three years ago. For seven years previous to 1880 he had treated me for dyspepsia and indigestion. He and other noted physicians often assured me that there was no organic disease of the heart, but now all agree that there is." This proved to be a tedious case, but the New Method Cure was persistently used by Mr. Corliss for twenty months, and the last time we heard from him he was in Milwaukee, Wis., and reported himself as having had "no sign of the trouble for six months."

ENDOCARDITIS CURED.

(*For treatment to cure, see page 4.*)

Mr. Leach suffered with endocarditis (inflammation of the lining membrane of the cavities of the heart). Symptoms: Irregular beating of the heart; trembling, anxiety and fear of death; shortness of breath when walking; coldness and numbness of the hands

and feet; darting pains between the regions of the heart and left shoulder, worse from any exertion and in damp weather; awakening in the night with a sense of suffocation and violent gasping and pain in the heart. He came to us for treatment in February, 1883, and was cured in five months, notwithstanding he had previously been pronounced incurable by a council of three physicians.

HEART AND NERVE DISEASE.

(*For treatment to cure, see page 4.*)

Miss B. had suffered four years with a nervous affection of the heart, causing dizziness, faintness, specks and flashes of light before the eyes, pain in the chest, depression of spirits, palpitation, coldness of the feet and hands, disturbed menstruation, headaches and vomiting. After much unsuccessful treatment by other physicians, she consulted us, and was cured by the New Method treatment. A year later she reported herself in good health. Disorders of the brain and nerves frequently result from a diseased condition of the heart; because when the heart fails to perform its functions properly, the brain is impoverished, and disease must inevitably result.

HEART DISEASE AND RHEUMATISM.

(*For treatment to cure, see page 4.*)

Mr. H. wrote to us for treatment in May, 1886. From the way he described his case, it was evident that he was afflicted with a dangerous complication of heart disease and rheumatism. He had been suffering for several months with difficult breathing; a short dry hacking cough; a feeling of fullness in the chest; flushed face and tingling in the fingers; a feeling of constriction, as if the heart were grasped in an iron hand; rheumatic pains, shifting to various parts of the body; jerking of the limbs; pains in the left shoulder and side, increased by attempting to take a deep breath. He was fast getting worse, but our New Method treatment, sent by express, gave almost immediate relief, and in two months he reported cured.

HEART DISEASE AND INDIGESTION.

(*For treatment to cure, see page 4.*)

Mrs. M., of Cincinnati, consulted us in June, 1886, after having been distressed for three years with heart disease and indigestion. Her regular doctor had told her that the trouble was all in the stomach, but he failed to cure or benefit her. She was afflicted with suffocating spells; eructations of sour and bitter water; rolling and tumbling sensations in the chest; deadly nausea; worry, anxiety and great mental depression. We told her at once that instead of the disease being located in the stomach, the original trouble was in the heart, and that the bad symptoms in the stomach were in consequence of the failure of the heart to supply pure blood to the organs of digestion. She was loth to accept this theory, but took the New Method treatment because everything else had failed. A short time proved the correctness of our diagnosis, for she was cured in two months.

HYDROPERICARDIUM CURED.

(For treatment to cure, see page 4.)

Mrs. Heck had dropsy of the pericardium caused by disease of the kidneys. The action of the heart became very weak, the veins of the neck swollen and the feet and lower limbs bloated. She could only breathe by remaining in a sitting posture, with her body bent forward, as every effort to lie down brought on an attack of suffocation. When she first applied to us she had been sitting up day and night for six days. Under our New Method treatment she was soon able to obtain proper rest and sleep, and by continuing the remedies faithfully according to directions she was cured.

PERICARDITIS CURED.

(For treatment to cure, see page 4.)

Mrs. Mary Schrage, of Indianapolis, Ind., a lady aged forty-three, had pericarditis, inflammation of the heart sac, as the result of pleurisy. She suffered with violent palpitation of the heart, increased by the slightest motion, and better while lying perfectly still on the back, fainting spells, a loose rattling cough, suppressed menstruation and stitching pains in the chest. She came to us in May, 1883, and under our treatment was cured rapidly and permanently. About the same time Mr. James Elder, aged forty, consulted us, suffering with the same disease, as the result of acute rheumatism. His symptoms were violent chills and fever, rapid pulse, palpitation of the heart, difficult breathing, sometimes amounting almost to suffocation, burning, stinging pain in the left side of the chest and great oppression in the region of the heart. He came to us after he had been pronounced incurable by his family physician, and by skillful treatment he was rescued from his painful and dangerous condition.

ANGINA PECTORIS CURED.

(For treatment to cure, see page 4.)

Mrs. Jenkins had frequent attacks of severe pain in the region of the heart, extending over the left side and arm, neuralgic pains in the stomach, heavy breathing, choking and rising in the throat, suffocating spells, eructations of bitter water, numbness and weakness in the back and limbs, sometimes deathly nausea and cold perspiration. She had been treated by two eminent physicians and only obtained temporary relief. They finally gave up the case as incurable, and she grew worse from year to year, living in constant dread that the next severe attack would be her last. Her husband consulted us in August, 1882, and obtained remedies which steadily improved her condition till the cure was complete.

NERVOUS PALPITATION CURED.

(For treatment to cure, see page 4.)

Mr. Green, aged twenty-nine, suffered with disease of the heart caused by exhausting labor and the excessive use of tobacco. He had violent palpitation of the heart on the least exertion, coldness of the extremities, attacks of dizziness and faintness, pale, gray-

ish color of the face and sometimes sharp pains in the pit of the stomach and through the chest. He became entirely unfit for business of any kind, and spent a year travelling in the hope of recovering his health. The season of rest and recreation seemed to improve his condition, but when he commenced work his old symptoms returned, and he was soon in a worse condition than before. He came to us in September, 1883, and was cured without losing a day's time from business while under treatment.

FATTY DEGENERATION.

(For treatment to cure, see page 4.)

Mr. M., aged thirty-eight, had fatty degeneration of the heart resulting from poisoning of the system by syphilis and the excessive use of alcohol. He was afflicted with frequent attacks of dizziness, sometimes fainting spells, slow, weak and irregular action of the heart and a constant tendency to grow fat. It was a very obstinate case, but under our treatment he improved slowly, and by the persevering use of the remedies a permanent cure was finally effected.

DROPSY OF THE HEART.

(For treatment to cure, see page 4.)

Mrs. Bentley had dropsical effusion of the heart, which she was told could only be relieved for a short time by a painful and dangerous operation with the trocar. She consulted us, feeling that she must die unless she speedily found relief, for she could not command the courage to undergo the operation of tapping. We gave her common sense treatment, and when we last heard from her she wrote that she was well and likely to live as long as those who had predicted her speedy death.

A DANGEROUS CASE CURED.

(For treatment to cure, see page 4.)

It would require more space than is embraced in this volume if we were to give all the words of piteous appeal and final expressions of gratitude received from the hundreds of persons cured by the New Method treatment. The following are the symptoms in the case of Miss Agnes Brown, of Omaha, Neb., as given by her father in August, 1884: "Our daughter Agnes, aged twenty-three, height five feet two inches, weight one hundred and five pounds, hair light, eyes blue, is subject to spells of dizziness, or rush of blood to the head, causing her to fall or stagger in walking, her face will become almost purple at times and again deathly pale, she is exceedingly nervous and easily startled or excited, often awakes in alarm soon after going to sleep; at other times she complains of great palpitation, or else a sinking smothering sensation and stoppage of heart beat, slight exhaustion, on moving quickly, or going upstairs. Her pulse is very irregular, and she often complains of shortness of breath and pain in the left side, shoulder or arm. She has a peculiar dread of being left alone. Her life is one of torture to herself and painful anxiety to all of the family. If you have the slightest faith in your ability to afford her relief we shall follow your in-

structions implicitly, for we have heard of several persons whom you have cured, which gives us hope that your New Method treatment may benefit her." A few weeks later Mr. Brown ordered a course of treatment for his daughter, and at the end of four months wrote: "The New Method treatment seemed to exercise a magic influence in abating the severity of Agnes' symptoms. After the first month's use of the remedies she began to show signs of improvement, and she is now in robust health, weighs one hundred and twenty-two pounds, eats and sleeps well and enjoys life."

A DOCTOR'S WIFE CURED.

(For treatment to cure, see page 4.)

A western doctor wrote to us in June, 1885, asking if we could do anything in a case of heart disease, the symptoms and history of which he described. His wife had been suffering for a year and a half, and according to the authority of the schools, the diagnosis made by himself and two other doctors of the neighborhood, she was incurable. We wrote in reply that if the case was no worse than he described, we could cure it by our New Method. We instructed him how to make some further investigation and awaited his second letter. When it came we prepared treatment for a month, and forwarded it by express. The patient improved very rapidly, and the doctor ordered the treatment continued until she was cured.

HEART DISEASE CURED.

(For treatment to cure, see page 4.)

In the spring of 1884 Mr. John Rohnen, of 358 West Fifth St., Cincinnati, was attacked with peculiar symptoms, which rendered him unfit for work and filled him with alarm. He had previously been working fifteen hours a day as a street car driver, was strong and vigorous, never felt tired and could eat anything. But at the time of which we speak there had been a great change. He felt tired when he arose in the morning; got but little rest at night, as sleep was broken and unrefreshing; food became distasteful and he only ate because he thought he must to be able to keep at work; his breath became short; there was a sensation of pressure in his chest and frequently his heart would flutter and his head become dizzy; spots and specks, sometimes white and shining and sometimes black, would dance before his eyes; often his face would be flushed and his head hot. In June, 1884, he consulted us. We immediately pronounced the case heart disease, and by our New Method treatment we had him well and at work in about two months. Some time the following year he made a statement for publication which contained the following sentences: "After taking the medicines prescribed less than two months, I felt so well that I ceased taking them, and up to this time, now more than a year, I have not had an ache or a pain worth speaking of. I really felt much better within a week, and last winter, during the intensely cold weather, I frequently ran alongside my car

the distance of three or four blocks, to keep from suffering so severely, something I wouldn't have thought of trying when my heart was "out of fix." I feel so thankful for what the New Method treatment did for me that I shall take pleasure in recommending it to any of my friends who may be sick, and shall also be glad to give any one interested, further information about my case. I live at No., 358 West Fifth St., Cincinnati."

DANGEROUS COUNSEL.

(For treatment to cure, see page 4.)

An Indianapolis business man, who for some time had experienced what he supposed to be symptoms of heart disease in a mild form, consulted two well-known physicians, who told him that he did not have heart disease at all, and need not trouble his mind about the symptoms, as they were of no consequence. He acted in accordance with this counsel, but the uneasy sensations, instead of subsiding became more marked as time passed, and finally became so violent that he was unfitted for business about half the time. He then consulted a Chicago doctor, under whose treatment he remained six months, but while he seemed to experience some benefit for a time, the progress of the disease was not checked, and after a few days of unusual exertion during a busy season, it seemed to take a fresh start. His heart would beat violently for a few minutes and then would seem to stop entirely; at night he was often unable to sleep on account of suffocating sensations and a feeling of oppression in the chest; during the day he was obliged to be slow, guarded and careful at everything he did, for slight exertion or excitement would bring on a violent attack of palpitation. In this condition he went again to the two doctors whom he had first consulted nearly two years previous. This time after making an examination they told him that he had an incurable case of heart disease. The gentleman reminded them of his first visit and what they told him at that time, and how it was through their advice that he had for a long time neglected treatment, but they had no recollection of the event. A few days later, through the instrumentality of a friend at Winchester, Ind., the patient was induced to consult us. When we had made an examination and told him there was no reason why he should not be cured, he related his experience with the Indianapolis doctors, and seemed to be much alarmed by their assertion that he was incurable. We told him that there was no occasion for this, for as these doctors were so badly mistaken in the first instance when they said his case did not require attention, it was altogether reasonable to suppose that they might be just as much mistaken now in thinking it incurable. The result was that he commenced our New Method treatment that day, and before the end of a week wrote that he felt greatly relieved, both through the advice and encouragement we had given him and through the action of the remedies. In five months from that time he reported himself cured.

AFTER THE FAILURE OF FIFTEEN DOCTORS.

(For treatment to cure, see page 4.)

On the 20th day of November, 1883. Mr. Thomas L. Higgins, of 502 Caldwell Street, Louisville, Ky., applied to us for treatment, stating the history and condition of his case as follows: About six years previous he first became aware of the encroachment of disease. The first indication was a slight difficulty in breathing, as if inhaling some impure air or being smothered with gas. This feeling gradually increased in intensity and soon he became periodically subject to spells of smothering, in which he had to gasp for breath. His condition becoming more alarming every day he applied to a physician for relief, and was told that he had contracted a "heavy cold" and would soon be cured, but in this both doctor and patient were disappointed, and it soon became apparent to Mr. H. that his case was of a more serious nature than the doctor supposed. As time passed and no indications appeared to show that the treatment was doing any good, he went to another physician, but with no better results, the trouble all the time progressing and assuming a more violent form at every renewed attack. In the hope of getting the disease cured, or at least checked, Mr. Higgins tried no less than *fifteen physicians* in Louisville and a number elsewhere, with no benefit whatever. Thus for several years he was the subject of a series of experiments, all the time suffering unspeakable agonies of body and mind, in fact often lying down at night with little hope of seeing the dawn of another day. Alarming attacks of palpitation and fluttering of the heart, with great depression of the vital powers often caused him to fear sudden death, and it was not surprising that he was in a mood of almost complete despair. He said he would just try us "for luck," as it could not be expected that he would have much confidence after so many failures by men high in the medical profession. We made a careful examination and informed the patient that his was a well defined case of heart disease—*enlargement of the heart or hypertrophy* with valvular insufficiency. Our New Method treatment was adopted, and rapid improvement followed, and in due time a permanent cure. At this time Mr. Higgins is in the employ of the Louisville and Nashville Rail Road Company, and works every day without any physical inconvenience whatever. In his own words no blessing could be so sweet to him as his health so happily restored.

AFRAID OF SUDDEN DEATH.

(For treatment to cure, see page 4.)

A gentleman called at our office in July, 1886, and stated that he had been afflicted with heart disease for five years, and that it was constantly getting worse in spite of everything that he had been able to do, he was subject to sudden and severe attacks of palpitation, suffocation and sharp pains in the heart. These were becoming so severe that he was afraid of dropping dead sudden-

ly, as an acquaintance had done a few years before. Our New Method relieved him so promptly that in less than a month the attacks had entirely ceased. In two months he called and said he considered himself cured, and since that time we have not heard from him.

ALMOST TOO LATE.

(For treatment to cure, see page 4.)

Mrs. Frances Maynard, of Memphis, Tenn., had been slightly troubled with symptoms of heart disease for several years, but as her family physician had told her it was nothing serious, she did not take treatment, and was not in any way disturbed about the matter until one day in the summer of 1881 she had a startling experience with a runaway team, the excitement of which so aggravated the disease that the symptoms became alarming. After several ineffectual attempts on the part of several prominent physicians to bring the malady under control, it was pronounced incurable. Seeing that there was nothing more to be hoped for from the home doctors, her husband wrote to us for our opinion. We replied that we considered the case curable, and he was about to order treatment when some misguided friends dissuaded him from his purpose. About six weeks later he wrote again, stating that his wife was much worse, and asked if we were still willing to take the case, and if we thought it could be cured. We told him we would do the best we could, and believed a cure still possible, though the chances were not so good as a month before. The treatment was ordered and continued for eight months, with satisfactory results in the end, although the progress was at first slow. A year after the treatment was discontinued the lady informed us by letter that the cure was permanent.

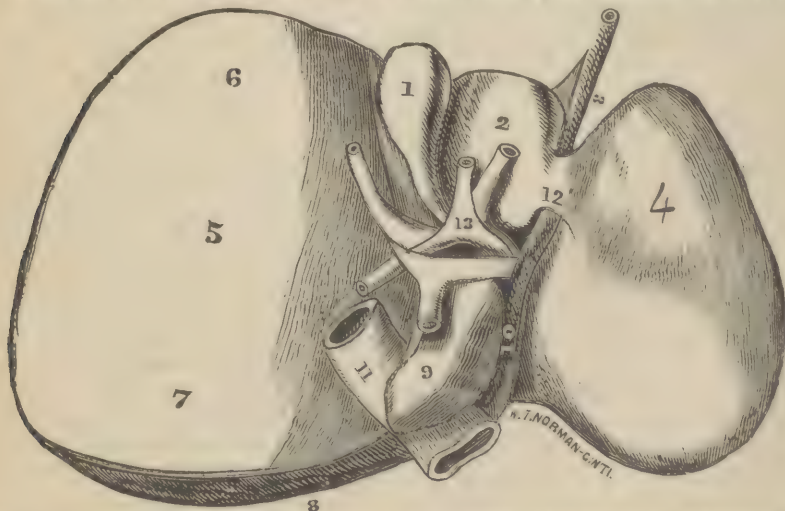
TIMELY RELIEF.

(For treatment to cure, see page 4.)

Mr. R. S. Abbott, of Milwaukee, Wis., wrote to us in regard to his wife, saying: "Our physicians have pronounced her incurable. Can you give us any encouragement? At times she is attacked with dizziness of the head, and at other times her face is deathly pale; easily excited; often oppressed with a feeling of impending danger; afraid to be left alone; twinges of pain about the heart; prickly feeling in the left hand and fingers; heart sometimes seems to stop, and at other times beats with great rapidity; cannot climb stairs or move quickly, on account of palpitation; during the past few months her feet have a tendency to bloat. The disease has been coming on for four years, but has been much worse during the past six months." We made some further inquiries in regard to this case, and sent treatment by express, which rescued this lady from her perilous and distressing condition and restored her to good health. At the time she first came under our treatment there could be no doubt that the disease was progressing rapidly towards a fatal termination, but relief was found in time.



The Stomach. This is a fine illustration of the principal organ of digestion, with its appendages. 1, the gall bladder as it discharges its secretions into the duodenum; 2, the esophagus, by which the food is conveyed to the stomach in the act of swallowing; 3, the interior of the stomach, where the food is transformed to chyme; 4, the duodenum, in which the chyme is changed to chyle; 5, the hepatic ducts; 6, the pancreas. See next page.



The Liver. The above is a correct illustration of the under surface of the liver. 1, the gall bladder; 2, the square lobe; 3, the umbilical vein; 4, the left lobe; 5, the right lobe.

THE DIGESTIVE ORGANS.

DISEASES OF THE STOMACH, LIVER AND BOWELS.

(For treatment to cure, see page 4.)

There are but few diseases which more rapidly and effectually undermine the constitution or produce a greater train of distressing physical disorders than derangement of the digestive apparatus. The stomach, liver and bowels are the most important organs of the digestive system, and by their successive and united action the food undergoes those changes which prepare it for the formation of healthy blood, and the final process of assimilation by which the whole organism is constantly nourished, renovated and repaired. When any of these organs fail in the proper performance of their respective functions the whole process of nutrition is disordered; consequently the blood becomes impoverished and the circulation sluggish; the secretive and excretive functions also becoming torpid, poisonous, effete matter is absorbed into the system with all its alarming consequences; and, lastly, the whole nervous system is deranged by reflex irritability from the diseased digestive organs. It can therefore, be plainly seen that if such a condition is allowed to exist for any considerable length of time, deep-seated, obstinate and dangerous diseases, which may assume almost any form known in the catalogue of human ills, must be the inevitable result. In order to give the general reader a plain and satisfactory idea of the nature of these diseases, we shall proceed to describe them briefly as they affect the various organs, beginning with

THE STOMACH.

When this organ ceases to perform its functions the whole system is demoralized to such an extent that the victim is often impelled to wish for death. The most common of all the ailments that affect the stomach is

Dyspepsia or indigestion, a disease that makes life a burden to thousands of people. An interesting book might be written on the part that disordered stomachs have played in the history of the world, by making men and women morose, ugly and despondent, thereby misdirecting their conduct to an evil purpose, often changing the whole current of their lives and even affecting the destiny of nations. Johnson said, "Every man is a rascal as soon as he is sick," and Carlyle apologized for some of his most unjust criticisms by declaring that the venomous expressions were chargeable to a bad stomach rather than a bad heart. Many suicides have been committed under the despondency resulting from indigestion. In fits of indigestion kings have declared war, and in vicious moods brought on by disordered stomachs, despots have ordered the heads of their innocent subjects cut off.

Dyspepsia may result from eruptive, ulcerative or catarrhal inflammations of the membranes of the stomach, from changes in

the quantity or quality of the gastric or pancreatic juices; from torpidity of the secretions of the liver or intestines; from the excessive use of stimulating or irritating food or drink; from morbid conditions of the nervous system; from mental excitement or severe mental exertion; from the influence of powerful emotions, anger, fear, etc., and from many other causes, either singly or in combination.

The disease usually exhibits itself in some of the following symptoms: Souring of the food with a bad taste in the mouth, heartburn, or pain in the region of the heart; hot, dry feeling in the stomach and mouth after eating; pain or tenderness at the pit of the stomach; a disposition to vomit; belching up gas a few hours after eating; eructations of sour or bitter water. In other cases tasteless water with fragments of food or an oily substance which burns when spit in the fire; rumbling noise and moving around in the bowels, most noticeable in the left side; a variable appetite, sometimes voracious and at other times none at all; vomiting and obstinate costiveness; chilliness and nausea; tongue coated; pain across the temples and forehead; dullness and languor; burning sensation in the stomach; sensation of weight, uneasiness and fullness; loss of appetite; morbid appetite, craving for sour, acid or spicy articles; gradual loss of strength and weight; hands and feet easily chilled; sleep restless and disturbed by unpleasant dreams; eyes dull and sunken; lips pale and yellowish; expression dull, weary and sad. The effects of the disease are also shown in the disposition, the patient becoming unamiable, distrustful and unhappy.

These conditions are favorable to the development of many diseases and more alarming disorders are often the final result. Very frequently both the heart and respiratory organs are affected, causing heart disease, asthma, catarrh, pneumonia, bronchitis, congestion of the lungs and consumption. In many cases dysentery, fevers and other acute diseases are induced. The blood being poisoned and the whole system deranged, the patient is peculiarly liable to malignant disorders of every character.

Catarrh of the Stomach. Gastritis or catarrh of the stomach is similar to the catarrhal inflammations of other mucous membranes and may result from the same cause, viz: taking cold. But it usually results from the excessive use of stimulating and indigestible food in connection with sedentary habits; spirituous liquors and tobacco; excessive feeding without the precaution of exercise; or, by the extension of catarrhal inflammation from the air passages. See articles on CATARRH. The symptoms are vomiting, pain in the stomach after eating; chilliness with alternate flashes of heat; sometimes fever; great tenderness at the pit of the stomach; thirst, and generation of gas in the stomach. The patient feels morose and irritable, sleepy during the day and generally becomes weak and ema-

ciated. The progress of the disease is slow, but it is sure to terminate disastrously unless controlled by skillful treatment, and it is only by the most skillful treatment that it can be controlled or cured.

Gastralgia or cramps of the stomach is a most distressing and painful ailment usually beginning with a feeling of pressure in the pit of the stomach, which presently develops into a violent, gnawing burning, cramp-like pain, sometimes so severe as to cause fainting. The face appears pinched, the extremities become cold and the pulse feeble. The pain begins at the middle of the spine and radiates upward. It usually comes on in paroxysms but in some cases gnaws continually. Sometimes it is relieved by pressure on the abdomen but in other cases the patient cannot even bear the weight of the clothing.

Tumors, Ulcers, Etc. The stomach is also subject to tumors, ulcers and cancers. Such conditions are very dangerous yet the symptoms are similar to those already described and the disease may be mistaken for dyspepsia till it has advanced beyond the possibility of relief. None but the most skillful and experienced physicians can correctly diagnose such cases in time to effect a cure.

THE LIVER.

On account of the important functions of the liver in connection with circulation, digestion and assimilation no disease of this organ exists for any considerable length of time as a distinct and separate malady, but soon becomes complicated with other serious derangements. When the liver becomes diseased and torpid the bile is injected into the circulation, vitiating the blood, producing a sallow, yellowish complexion and impairing physical vigor. Indigestion and constipation soon follow; the food not being properly assimilated the blood cannot be supplied with the necessary renovating and enriching material and consequently the whole system instead of being nourished and repaired, becomes clogged with effete matter and rapidly tends toward decay. The action of the heart becomes feeble and palpitating, the nerves unstrung, the extremities cold and the whole frame weak and emaciated. Humors are developed in the blood and all the important organs of the body are peculiarly liable to attacks of dangerous disease. The victim usually becomes soured in disposition, pessimistic, cynical and despondent, often exhibiting a feeling of utter disgust toward the conditions of life and tending to suicidal mania. The following are among the most important diseases of the liver:

Jaundice. This disease may be caused by anything that prevents excretion of bile, thereby causing it to be retained in the blood and re-absorbed into the system. The ducts may be obstructed by gall stones, the pressure of tumors, etc., by hardened mucus resulting from catarrhal inflammation of the passages, and many other causes. The

first symptoms are, usually, loss of appetite irregular bowels or constipation, headache, pains, nausea and languor. A yellow tinge soon appears in the whites of the eyes which soon spreads over the face and finally the whole body. The urine assumes a saffron hue and the feces become ash or clay colored. The shade of the skin varies in different cases from a pale dirty yellow to a deep orange and in the worst forms sometimes a greenish or dark greenish tinge. The tongue is sometimes coated yellow and in other cases covered with a whiteslime. The disease is usually accompanied by many other distressing symptoms: Stitching pains in the liver and under the right shoulder blade; bloating in the pit of the stomach; gagging, nausea and sour or bitter eructations; vomiting after eating; sometimes a great thirst; intense hunger and at the same time a loathing for food; palpitation of the heart; sudden retention of urine diarrhoea and general exhaustion.

Catarrhal Inflammation. Like all other mucous membranes, the biliary and hepatic ducts—passages which convey the bile from the gall bladder—are subject to catarrhal inflammation. This condition, when neglected, induces jaundice, the formation of gall stones and other disastrous consequences.

Gall Stones or biliary calculi are formed in the gall bladder by deposition and concretion in consequence of torpidity of the liver or stagnation of bile from any cause. Though the substances necessary to their formation are all contained in healthy bile they cannot be formed while it is in healthy action, but as soon as the flow is obstructed the deposits are liable to occur. When these hard, stony formations begin to pass through the biliary ducts they give rise to the violent symptoms, known as gall stone colic. The pain is burning, boring and excruciating, usually extending down the spine, up into the chest and shoulder blades, and sometimes even into the arms and to the ends of the fingers. Vomiting convulsions, delirium and fainting occur in severe cases where the concretions are too large to make their way through the passages. Under such circumstances the ducts are often ruptured or so completely clogged that the flow of bile is entirely stopped. In either case fatal complications are almost sure to follow.

Hob-nail Liver, Cirrhosis, or gin-drinkers' liver, is an inflammation of the investing tissue of the organ, usually induced by the excessive use of alcoholic liquors, though it may result from other causes that tend to vitiate the blood, such as fevers, blood diseases, poor living, etc. In the first stage the liver is enlarged and filled with granulations that have been compared to hob-nails, hence the name; later it shrinks and becomes hard, tough and pale. Unless checked by skillful treatment, this disease tends to a fatal termination. The most prominent symptoms are: loss of flesh and strength; derangements of the bowels and appetite; nausea and belching of wind with

vomiting of blood in severe cases; obstruction of the circulation in the portal vein, causing dropsy of the abdomen and bloating of the lower limbs. Frequently there is a sense of suffocation and great difficulty in breathing caused by the distention of the abdomen.

THE BOWELS.

The most common disease of the bowels, and the one that is more generally neglected than any other ailment to which the human organization is subject, is

Chronic Constipation. Many people get so much in the habit of enduring this affliction that they almost cease to regard it as a disease. They doctor themselves and employ physicians to treat them for the varied symptoms resulting from constipation, but do not understand or recognize it as the cause of their troubles till it induces other prostrating disorders which often leave their victims invalids for life and sometimes end in untimely death. Unless the bowels act freely and regularly, the morbid secretions and the vitiated products of waste and inert matter, being absorbed by the system, will poison the blood and so impair the vitality of the whole system that health speedily succumbs to a long train of harassing symptoms and disorders. The appetite becomes, poor, variable or ravenous; the nerves weak; the mind confused and the memory impaired; the skin becomes rough, sallow or covered with pimples and discolorations; headache, neuralgia and rheumatic pains, dyspepsia, piles, etc., are among the frequent consequences. The use of purgatives to move the bowels is unwise and injurious, as the constipation becomes more obstinate after the effects of every dose. The practice of trying to regulate the bowels by dieting and injections is hardly less to be condemned, for while such a course may sometimes relieve, it will not cure the ailment, and it often induces other derangements. Chronic constipation can only be cured by treatment that will strike at the root of the disease and remove the cause.

Catarrh of the Bowels. Catarrhal inflammation of the mucous membrane of the intestines. The inflammation is the same in its general character as when it attacks other organs, see article on CATARRH. This painful, obstinate disease may be induced by repeated attacks of cold affecting the bowels, but more frequently it is the result of dosing with nostrums and purgatives to relieve constipation. Its symptoms are diarrhoea, or alternate diarrhoea and constipation; accumulation of gas in the bowels, often causing distension of the abdomen and great distress; pain in the bowels after eating; burning pain in the rectum; bitter-sour taste in the mouth; discharge from the bowels immediately after drinking water or taking liquid food; soreness and tenderness in the abdomen; colicky pains in the bowels; a sinking, empty feeling in the stomach. The patient is generally low spirited and despondent and soon becomes weak and emaciated.

Consumption of the Bowels. This disease is a wasting of the intestines in consequence of deposits of the same kind of tubercular matter that causes consumption of the lungs. See articles on CONSUMPTION and SCROFULA. Its progress is marked by great loss of strength, emaciation and an obstinate diarrhoea that cannot be checked by any ordinary remedies. Unless controlled by skillful treatment this disease soon reaches a fatal termination.

Chronic Diarrhoea is usually the result of an impoverished state of the system which may be brought on by lack of proper food or by wasting diseases that impair vitality and vitiate the blood. It is a peculiarly obstinate disease and many persons have suffered for half a life-time without obtaining any relief. Our New Method Cure offers the only scientific remedy for this affliction.

Special Diseases. Other troublesome and obstinate affections of the bowels are described in the articles on WORMS, HEMORRHOIDS, HERNIA, ETC.

REPORTS OF CASES CURED.

Among the following reports of diseases of the stomach, liver and bowels are some of the most remarkable cures ever accomplished. Persons who are similarly afflicted should carefully consider these cases before seeking further or giving up in despair.

DYSPEPSIA CURED.

(For treatment to cure, see page 4.)

January 28th, 1884, Mr. C. S. Johnston, of Mobile, Ala., consulted us by mail in regard to treatment for dyspepsia. The following extract from his first letter of inquiry, describes his condition at that time: "My stomach has been out of order for about three years and has kept me in almost constant misery. Sometimes I have no appetite and at other times I eat voraciously, but nearly always vomit the greater part of my food a few hours after eating. My bowels are constipated, and I often suffer with pains in the stomach and bowels. I have spent over a hundred dollars for medicine, and can't afford to pay out any more unless I am benefited. Let me know what you can do, and oblige a great sufferer." We replied that our New Method Cure would accomplish all he desired, if he would follow our instructions faithfully, unless circumstances beyond our control should conspire to interfere. He ordered treatment by return mail, and at the end of three months wrote us a letter, from which we make the following extract: "I have taken your remedies faithfully, and have been fully rewarded. I have had no trouble with my stomach or bowels for five weeks, and feel well in every respect. I give you credit for doing what all the other doctors, who treated me, failed to accomplish."

DYSPEPSIA AND NERVOUS PROSTRATION.

(For treatment to cure, see page 4.)

Mrs. Elizabeth Miller, of Harrods' Creek, Ky., a lady sixty-eight years of age, came under our treatment on the 4th of August, 1883, for dyspepsia, extreme nervous prostration.

tion and catarrh of the bladder. She complained of numbness and a dead feeling all over the surface of the body; palpitation of the heart; excruciating pain, confined principally to the extremities, but frequently extending all over the body. Fears were entertained that paralysis might be the final result, but under our New Method treatment all such ideas were speedily dispelled, and by the 1st of February, 1884, about six months from the time she first consulted us, the cure was complete. About two years and a half later, on the 8th of May, 1886, she wrote us a letter, verifying the above facts and stating that she was still enjoying good health. The following are her closing words: "Thinking some other sufferers might be benefited, you are at liberty to use this letter, inserting proper dates and age. I feel that I cannot make too strong a statement of my cure."

NERVOUS DYSPEPSIA CURED.

(*For treatment to cure, see page 4.*)

October 7th, 1882, Mr. E. F. Wilson, of Augusta, Ga., consulted us in regard to his wife, who was rapidly declining with some strange disease, which had reduced her weight from 134 to 105 pounds. She could not eat a particle of solid food, and even small quantities of fluid nourishment, taken with the utmost caution, produced violent suffering, followed by great prostration of both mind and body. Being thus unable to eat or sleep, all the powers of life were rapidly failing, and it was evident that she could survive only for a short time, unless relief was promptly obtained. Three physicians were called in council, but they could do nothing, and decided that she could only live a few weeks at the most, and was liable to die at any time. We prepared treatment, which gave her almost immediate relief. She slept better the first night, after taking our remedies, than she had done for months before. In a few days she was able to take nourishment and sleep regularly, and after this her recovery was rapid. In June, 1883, she wrote as follows: "I am now enjoying better health than I have known for years before. I have gained thirty pounds under your treatment, and shall always remember you for saving my life when I had been given up by all the other doctors."

OFFER OF \$1,000 REJECTED.

(*For treatment to cure, see page 4.*)

Mr. E. Conrad, a wealthy contractor had suffered eleven years with dyspepsia, and had spent large sums of money for treatment, but never obtained any permanent benefit. As he was growing worse year after year he anxiously sought after whatever offered a hope of relief, and a friend who was aware of our success in such cases persuaded him to consult us. He was skeptical at first, and did not believe that we could do him any good. He offered to pay us \$1,000 if we would cure him, and said he would deposit the money in the bank, to be paid to us when the cure was complete. But we told him that would be contrary to our methods of doing business. That all our pa-

tients are required to pay for what they get at the time they get it, and nothing more. We told him that we did not want his \$1,000 and would not make a precedent for other cases by treating him on such conditions, but that we would treat him by the month for a reasonable price, and that if he would do his own part faithfully he would be cured. After much consideration he decided to try our New Method treatment, and at the end of five months was entirely cured.

CATARRH OF THE STOMACH.

(*For treatment to cure, see page 4.*)

June 1st, 1882, Mr. John N. Jones, of Tokio, Van Wert Co., O., wrote to us for treatment, describing his case as follows: "I have been complaining of my stomach, more or less, for about ten years, but have been much worse during the past year. My symptoms are pains in the stomach, right under the ribs. Sometimes I am so tender under the ribs that I cannot bear the least pressure of the hand. I am also very weak, especially in the legs. The pain usually commences about 9 or 10 o'clock in the morning, and is always worst just before meals. After dinner it passes away, but comes back about 3 or 4 o'clock in the afternoon. Sometimes it is so severe for a few minutes that I almost faint. Eating generally relieves the pain, but not always. One doctor told me I had worms in the stomach, and gave me worm medicine, but it only gave me a little temporary relief. Another doctor said I had all the symptoms of a tape-worm, and gave me treatment for it, but I did not pass any worms in either case. I then tried a third doctor, and he gave me medicine for catarrh of the stomach, but it did me no permanent good, for as soon as I stopped taking the medicine the pains came back as bad as ever." Mr. Jones was under our New Method treatment during the months of June and July, and was completely cured, as shown by the following extract from a letter dated February 20th 1883: "I feel it my duty to express my thanks for the medicine you sent me for my complaint in June and July, 1882. The medicine cured me. I am now and have been in perfect health ever since. Your medicine was all very easy to take. I did not have much faith in it at first, on account of it being so mild to take, but after I had used it a week I felt that it was doing me good, and then I had confidence in it. I had been taking medicine for two months before I commenced with you, but it was very bad to the taste, and didn't do me any good. You have the privilege of publishing this and using my name."

GASTRALGIA CURED.

(*For treatment to cure, see page 4.*)

Mrs. G. R. Blaney, aged 29, a farmer's wife, was subject to severe pains in the abdomen which usually commenced about three hours after eating. She complained that her back felt as if it would break; her skin would become hot and dry, and her pulse hard and quick. She frequently threw up bile without obtaining any relief; the pains

in the abdomen and chest were extremely sharp and cutting, with a sensation of shifting rapidly from one place to another, and were slightly relieved by pressure. During the attacks there was a bitter taste in the mouth, and she had a great dislike for water. Three months under our New Method treatment effected a radical cure.

ANOTHER SEVERE CASE.

(For treatment to cure, see page 4.)

Miss Emma Cresser, of Rochester, N. Y. a young lady aged 23, suffered for nearly three years with violent cramping pains in the stomach and chest after eating; she felt a crawling sensation over the whole body, with trembling nausea, and confusion of mind. She had a constant desire to lie down, became pale, melancholy, and dejected. Her eyes became dull and expressionless, with dark circles beneath them, and her lips blanched. After four prominent doctors had failed to give relief our New Method treatment cured her in one month.

CATARRHAL ULCERATION.

(For treatment to cure, see page 4.)

In the summer of 1883, Mr. Robert W. Lewis, of 2104 Market St. Louisville, Ky., had an attack of acute gastritis, which was followed by catarrhal ulceration of the stomach and bowels. Though unremitting efforts were made to obtain relief, the disease proved altogether unmanageable in the hands of the physicians who had charge of the case, and there was soon great cause to fear that it would prove fatal, as the terrible drain on his system had reduced the patient from 210 to 135 pounds in weight, and emaciated him to the semblance of a mere shadow. In the fall of 1884, Mr. Lewis' attention was attracted by some of the wonderful results of our New Method Cure, and as all the means at the command of the ordinary profession had proved unavailing, he was glad to consider anything that offered a hope of relief. He was particularly impressed with the statements of certain persons of his own city, whom we had cured of similar diseases, and with whom he had an opportunity to consult personally. Among these he was specially interested in the case of Mrs. Thos. Hedden, which we have described on page 108. The result was that he placed himself under our treatment, and was radically cured in a few months.

DYSPEPSIA AND CONSTIPATION.

(For treatment to cure, see page 4.)

Mr. A. R. Alcott had been in an invalid condition for eight years, on account of a distressing case of dyspepsia and constipation. He had tried nearly all the remedies he had ever heard recommended for his condition, but all to no purpose. Four different doctors had exhausted their skill upon him and left him in a worse condition than when they commenced. He had taken over forty bottles of dyspepsia cure, great quantities of pills, powders and other nostrums, had worn liver pads, eaten Graham bread, starved himself, and did everything he could do, it seemed, except the right thing. At last he

became thoroughly disgusted and determined to stop "doctoring" entirely. But he soon found his disease too burdensome to be patiently endured, and while inquiring after some remedy he had not yet tried, he was referred to our establishment. After considerable correspondence and three personal consultations he commenced the New Method treatment. He was cured, and when we saw him, two years later, there had been no return of any of the symptoms.

DYSPEPSIA AND LIVER DISEASE.

(For treatment to cure, see page 4.)

Mrs. M. G. Pallett, of Youngstown, O., a lady aged 44, consulted us in regard to dyspepsia, constipation and liver disease, with which she had suffered for three years. Her skin and the whites of her eyes were as yellow as saffron, and she complained of pain and tenderness at the pit of the stomach, dull, heavy headache, pain in the right shoulder and right side under the ribs, heartburn and sour stomach; her bowels were costive, tongue coated and furred; she was drowsy by day, sleepless at night and disturbed by bad dreams. She had tried many remedies, but failed to find any permanent relief, and finally came to us when she was almost worn-out and discouraged. Under the first month's treatment she improved slowly but surely, and felt encouraged to continue. After she was brought into a susceptible condition by the use of our remedies, she gained rapidly, and at the end of the fourth month was in perfect health.

A CORRECT DIAGNOSIS.

(For treatment to cure, see page 4.)

In June, 1883, Mr. C. G. Cowgill, aged thirty-four, consulted us in regard to his case. His countenance was sallow, skin harsh, dry and yellow, and his appetite poor. He suffered headaches, low spirits, dizziness, nausea, constipation, of the bowels and a dry, hacking cough. Upon a careful examination his condition was referred to a diseased liver, and our New Method treatment was administered in accordance with this diagnosis. The patient rapidly improved and was permanently cured. This proves the importance of being able to discriminate between different diseases which present symptoms of a similar character. Other doctors had treated this patient unsuccessfully, because they had treated him for the wrong disease.

FRIENDLY PERSUASION.

(For treatment to cure, see page 4.)

Mr. Geo. E. Flushing, of Kansas City, consulted us in September, 1881, having suffered with dyspepsia and liver disease for three years. He had been reduced in weight from 176 to 135 pounds, and he was so weak that he was barely able to walk. He suffered much with dizziness, nausea, pains in the loins and back, headache, constipation of the bowels, a feeling of fullness in the right side, aching in the right shoulder, dull pain in the shoulder joint, restlessness, loss of sleep and habitual melancholy and despondency. He had not much confidence in any kind of treatment, having been disappointed so often,

and even after consultation would have gone away without the treatment had it not been for the persuasion of a friend who was with him and urged him to try the New Method Cure while he had a good opportunity. He therefore took a month's supply of remedies with him for an experiment, as he said. Before the end of the month he wrote that he was much better, and ordered his treatment renewed. At the expiration of four months he had regained his usual weight and was well in every respect.

CONSUMPTION OF THE BOWELS.

(*For treatment to cure, see page 4.*)

In the case of Mrs. Thos. Hedden, of 1702 West Walnut St., Louisville, Ky., we have one of the most remarkable cures ever accomplished. She was, perhaps, as near the grave as any person that was ever brought back to the enjoyment of good health, and her cure has always been a matter of astonishment, not only to her immediate friends and the physicians who gave her up as incurable, but to all members of the profession who are acquainted with her case. Her disease commenced in the fall of 1881, when she noticed slight symptoms of diarrhœa, with some pain, and took a simple remedy, supposing the trouble would yield readily to home treatment. But in this she was mistaken, and her discomfort soon became aggravated to such an extent that she sent for the family physician—a doctor of good standing—feeling confident that he would soon cure her. Time elapsed under his treatment, and she grew worse instead of better. The discharges from the bowels began to assume a decidedly unhealthy appearance, being tinged with blood and mixed with great quantities of yellow matter. After continuing under the treatment of her family physician for sixteen months she became discouraged and applied to other doctors of well-known ability, spending the remainder of two years time and considerable money without receiving any benefit. Her condition was then deplorable indeed. She was having from seven to fifteen discharges of blood and matter from the bowels daily, and suffered almost intolerable pain, day and night. The terrible disease, which all the doctors agreed in pronouncing consumption of the bowels, had by this time reduced her from 125 to 80 pounds in weight. On the 12th of December, 1883, her husband came to us, but after consultation returned home, still in doubt as to the best course to pursue, and finally, through some influence, decided to try another doctor, who enjoys a wide reputation. This physician then had charge of the case for nearly three months, but no benefit was derived from his treatment, and on the 8th of March, 1884, we were consulted again in regard to the case. At that time Mrs. Hedden was confined to her bed. Our diagnosis, made after a thorough examination, corresponded with that of the other doctors, viz: tubercular ulceration of the bowels. We told the patient that her condition was very serious

and that there was no further time to be lost, but if she would follow our instructions we could still hope to cure her. Of course, she found our New Method treatment altogether different from anything she had previously taken, but to be candid, there was no noticeable change for the better during the first two months. We were encouraged however, because she was prevented from losing ground, as she had been doing constantly under previous treatment. After a while the discharges from the bowels became less offensive and less in quantity, and while the progress was slow, the worn-out emaciated patient could feel that she was actually growing better. At the end of the fourth month the improvement could no longer be doubted, and after that the progress became more rapid, until the cure was complete. In about ten months from the time she came under our care, she was enjoying good health and her weight had been increased from 80 to 141 pounds. On the 29th of January, 1885, she made a statement, embracing these facts.

AN OBSCURE CASE.

(*For treatment to cure, see page 4.*)

Mr. R. V. Swinton, a gentleman aged forty-one, had suffered for a long time with certain obscure symptoms which puzzled his home doctors so much that they gave up his case, and told him they did not understand it. He was nervous and wakeful at times and stupid and drowsy at other times. Had frequent attacks of violent headache, pain between the shoulders and in the small of the back, dizziness, roaring in the ears, palpitation of the heart, irregularity of the bowels, scalding urine and great nervous derangement. He came to us in October, 1883, was treated for disease of the liver, and cured in three months.

CHRONIC DIARRHŒA.

(*For treatment to cure see page 4.*)

On the 24th of October, 1885, Mr. Francis Montgomery, of Jeffersonville, Ind., consulted us by the advice of friends who were previously acquainted with the success of our New Method Cure. His disease was chronic diarrhœa, contracted in the year 1864 during military service. During the long period of twenty-one years he had experimented almost constantly with various physicians and with the almost numberless nostrums recommended for his annoying disease, but the best effects he ever obtained consisted only in temporary relief, and it was not strange that he should finally lose all hope of ever being cured. Occasionally he would find a remedy that would temporarily check the trouble, but at intervals of one, two or three weeks the disease would manifest itself with increased violence. Mr. Montgomery is a man of fine proportions, being 5 feet, 11 $\frac{3}{4}$ inches high, and weighing, in health, 180 pounds. but his harassing disease reduced him to 150 pounds, and so impaired his strength and vigor as to render him unfit for work or business of any kind. Besides all this the control of his bowels was

entirely lost, which necessarily kept him out of society and interfered with all the duties and enjoyments of life. As we have already stated he came to us on the 24th of October, 1885, after having met with disappointment at every turn for twenty-one years. Our New Method Cure, which he found different from anything he had previously tried, restored him to perfect health in the short space of sixty days. He is both willing and anxious to have other sufferers informed of his cure, and will corroborate this statement as long as he lives.

ANOTHER TRIUMPH.

(For treatment to cure, see page 4.)

In the fall of 1885, a gentleman came all the way from the gulf coast to consult us in regard to a terrible disease of the bowels with which he had been afflicted for over four years. The malady was complicated with a serious derangement of the liver and kidneys, which gave it an exceedingly dangerous character and rendered his case absolutely hopeless in the opinion of the old school physicians. To make matters worse, he had chronic nasal catarrh, which, in connection with his other ailment, gave rise to the most violent headaches, which often lasted nearly a week at a time. After being under the New Method treatment for about three months, he wrote: "When I visited you my physicians here told me that it would be hardly possible for me to live two months. That was over three months ago, and I am still here. Besides I am in better health than for over a year past. I have not had a bad headache since I commenced your remedies, and have improved greatly in every way. I intend to continue until you say it will be safe for me to stop."

DISTRESSING SYMPTOMS.

(For treatment to cure, see page 4.)

In June, 1885, Miss Lizzie Murphy, consulted us in regard to her case. She was twenty-seven years of age, tall and stately and of dark complexion. For two years she had suffered with aching pains in the stomach (worse after eating); bitter taste in the mouth and a bloated feeling two or three hours after meals. Her stomach and abdomen were so sore and tender that the touch of the clothing caused pains. She felt better in the open air but light hurt her eyes and noise made her nervous so she spent most of her time in a dark room. She had taken treatment but to no purpose. Our New Method restored her health in five months.

A COMPLICATED CASE.

(For treatment to cure, see page 4.)

Mrs. Mary Emmons, came to our office suffering with dyspepsia, disease of the liver and constipation. She was as yellow as saffron and had been pronounced jaundiced. She called for consultation only; did not intend to take treatment because she had tried everything; medicine she said would help her for a while, and then it would do her no good. She complained of pain and tenderness at the pit of the stomach; sour stomach; heart-

burn and pain in the region of the heart; pain in the right side under and below the ribs; pain in the right shoulder and shoulder blade, or just between it and the spine; pain in the right arm, between the shoulder and elbow; pain in the back of the head and an almost constant headache; she felt feverish, dull and heavy; her tongue was dry, coated and furred; her bowels were costive; she was drowsy by day and sleepless at night, and when she did sleep her dreams were bad, often frightful; she was tired in the morning when she would arise as she was at night when she retired; her bones ached and her flesh felt sore and bruised. We treated and cured her in three months, and in Sept. 1885, (five years afterwards) she was still in good health.

A ONE-SIDED EXPERIMENT.

(For treatment to cure, see page 4.)

Mr. T. D. Williams, wrote for treatment complaining of the following symptoms: pains in the right side under the ribs, and in the right shoulder, headache, dizziness, poor appetite, constipation, nausea, low spirits and dry, harsh, sallow skin. After using the New Method treatment four months he wrote: "I am happy to say that I do not need any more medicine, as I am now in good health, which great blessing I owe your skill. I do not believe that the doctors who previously treated me without doing me any good, understood my case at all for they changed the medicine every few days, which leads me to believe that they were only experimenting at my expense. Your remedies helped me from the start and continued to help me till I was cured."

THE COOKING WAS ALL RIGHT.

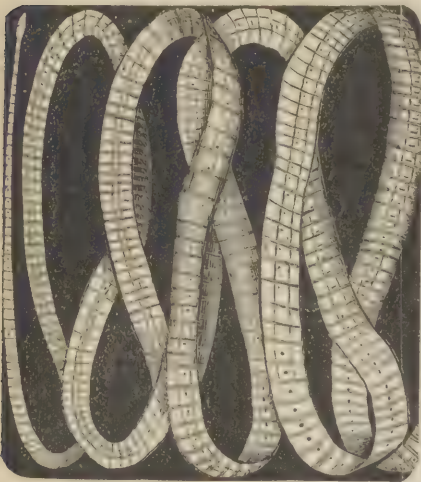
(For treatment to cure, see page 4.)

Mr. H——, after he had been married about two years began, like a great many other indulgent husbands, to complain that his wife's cooking was not as good as his mother's. When they were first married he thought his wife the best cook in the world, and she could not understand why he was always wishing that he could have such dinners as his mother used to cook. Finally he went to visit his parents with great anticipations of how he would enjoy the old home fare. He was much disappointed, for he did not relish his mother's cooking any better than his wife's. He found that in spite of whatever fare was set before him his appetite failed. Having always been a very healthy man, it was some time before he could bring himself to believe that he was really unwell; but he was finally compelled to go to a doctor. The treatment he received was of no benefit and he seemed destined to become a confirmed invalid. Happily for him, his attention was attracted to the New Method treatment and he was promptly cured. His wife has no longer any trouble in making him believe that she can cook as well as his mother.

For other complicated diseases of the liver and bowels, see articles on TAPEWORMS, PILES AND DROPSY.

TAPE WORMS

AND OTHER PARASITES THAT INFEST THE
HUMAN BODY—PIN WORMS,
HYDATIDS, ETC.



(For treatment to cure, see page 4.)

The multiplicity of disorders that exist from the presence of parasites in the human system has induced us to expend no little time and money in the investigation of this subject. We have conducted our researches concerning the origin, nature and habits of parasitic worms, with an especial view to the discovery and preparation of remedies for their removal, and our efforts have been rewarded with the most gratifying success.

Entozoa, or animal parasites, are found infesting nearly all forms of animate existence in numbers that may well startle those who have not inquired particularly into the subject. Some species are so numerous in various animals, and apparently without serious consequences, that under many circumstances their presence may almost be regarded as a normal condition, but those varieties that find lodgment in the human body nearly always produce annoying symptoms which not infrequently terminate in fatal results. The most common and troublesome of these parasites belong to the family called *Cestoidæ*, more popularly known as tape worms.

There are about two hundred distinct species of tape worms, divided into three families, *Teniadæ*, *Bothriocephalidæ* and *Tetrarhynchidæ*. Eight species of *Teniadæ* and two of *Bothriocephalidæ* have been found in the human body. The most common of these bears the Linnean title of *Tænia Solium*, and is commonly known as the pork tape-worm, because it develops in the intestines from eating measly pork. The next in order of frequency is the *Tænia Medicaneolata*, or beef tape worm. These two varieties are so nearly alike in general appearance that the inexperienced observer would hardly be able to detect any difference. Another form

which is not uncommon is called the mutton-worm, the larval germs infesting the flesh of sheep.

In its fully developed condition, the tape worm was known to the ancients, and is mentioned in the writings of Hippocrates, Pliny and Aristotle. Its peculiarities of organization and development, however, were not thoroughly understood, until a very recent date. Its structure is composed of joints or segments called proglottides, varying in size, and numbering usually from 800 to 1,000. The average length is from 10 to 40 feet, though there are numerous instances on record of worms over 100 feet long. The head is small and round, about the size of a pin's head, and often when a worm is ejected, it is difficult to make the patient believe that the small, dark, round speck is really the head. The head merely serves to attach the parasite to the intestines. The worm obtains its food by the absorption of the nutritive juices of the alimentary canal through the pores of its skin. It is thus easy to understand how a worm from 20 to 100 feet long will sap the vital energies of the strongest constitution, and induce serious and even fatal diseases. The proglottides, or segments, of which the worm is composed, when they have reached maturity, are capable of an independent existence, and from their hermaphrodite nature each separate segment has in itself the power of reproduction. The growth of the *strobila*, or joint formation, appears to be from the head downwards, consequently the anterior joints are always sexually immature, but usually attain maturity at about the 450th segment from the head, about one-half of the worm being composed of mature joints, in which eggs are developed in almost incredible numbers, a single worm having been estimated to contain over twelve millions. These eggs, under favorable conditions, develop embryos which are metamorphosed into solices, *i. e.*, small worms encysted in the tissues of the body. These in turn, under certain conditions, reproduce the common intestinal tape worms from which they were derived. These peculiarities of the reproduction of tape worms, a knowledge of which is so necessary to successful treatment, were not understood until about the middle of the present century, when by investigation of the theory of alternate and determinate generations it was discovered that certain invertebrate forms of life of a very low type of organization produce an off-spring which at no period of its existence resembles the parent animal, but itself produces a progeny that in the course of time will return in form and nature to the original type, the cycle being completed sometimes in the second, sometimes in the third, and sometimes not until the fourth generation. This theory, which has upset many of the arguments in favor of spontaneous generation, has been found to be applicable to cestoid worms. Thus the eggs contained in the proglottides of the tape worm do not incubate in the intestines which the worm inhabits; but, being ejected

and coming in contact with the food and drink of other animals, they find their way into the stomach, where the embryos escape from the shells, and being exceedingly minute, bore their way into the tissues of the body, and become encysted and transformed into the solices or cysticeri previously mentioned. When the worms in this larval condition are found in the body of a pig, the disease known as measles ensues. If this measly meat be taken into the stomach of another animal before the necessary precautions are taken to kill the worms, true tape worms will be developed in the intestines.

From the above facts it will readily be seen how dangerous a person with a tape worm may be to the community in which he lives, by ejecting mature proglottides, containing countless thousands of microscopic eggs, which, coming in contact with the food and drink of hogs, sheep and cattle, produce cysticeri in the flesh of those animals, which, when taken into the human stomach as food, produce tape worms. A still greater danger arises when the microscopic eggs of the ejected proglottides come in contact with the human food and drink, such as vegetables, fallen fruit and the waters of springs, lakes and rivers, and are thus taken primarily into the human stomach, where, as has been previously stated, the embryos become disengaged from the shells and find their way afterwards to the vital organs of the body, and develop into the larval condition known as cysticeri, producing the most serious and fatal consequences.

Symptoms. The symptoms that accompany the existence of tape worms in the adult condition are: dizziness, itching of the nose and anus, noises in the ears, impairment of sight, dyspepsia and loss of appetite, colic, pains in the abdomen, palpitation, faintness, a sensation of weight in the abdomen, lassitude in the limbs and emaciation. Hysterical fits, chorea, epilepsy, convulsions of various kinds, and even mania, have been known to result in many cases. But startling as these symptoms may appear they are not to be compared with the results produced by the development of the larval form of the worm in the tissues of the body, a condition that follows the introduction of the eggs into the stomach. More than a hundred instances are on record in which death was caused by the development of cysticeri or larval worms in the human brain. These cysticeri may exist in any organ of the body, and unless prompt and effective treatment is obtained, fatal results are sure to follow. As has been already stated the entire community should feel as much alarm from the fact that some person in the vicinity is afflicted with a tape worm as they would on discovering the presence of any other human parasite, or even any kind of contagious disease. Why? Because the mature segments pass from the person at the rate of from 3 to 30 joints a day. They pass away at all hours of the day and night, they fall by the wayside and become attached to low growing vegetables, such as

cabbage, lettuce, string-beans, etc., and are thus taken into the human stomach, and being very small they work their way through the fibres without causing much pain or irritation, and the victim is only warned of their presence when some of the violent symptoms already mentioned reveal the fact that larval worms have developed in some vital organ of the body. When measly meat is eaten the worms are too large to bore through the lining of the stomach, so they pass into the intestines to which they become attached and develop into tape worms. Though we have known cases where several tape worms occupied the intestines together, ordinarily only one develops at a time; but it often happens that when one is removed another takes its place. This result is always liable, unless treatment is given to renovate the system and destroy any germs that may remain after the mature worm has been expelled.

As we have previously stated, tape worms produced by eating measly meat are different according to the kind of animal from which the meat is obtained. Thus the worms that are developed from pork have hooks on the crown of their heads, while those that are developed from beef have none. It is also a suggestive fact that the hooked worms are most common among the lower classes of people, while the hookless worms prevail most among the rich. This shows that the great cause of tape worms is the eating of measly meat. Pork being most extensively used by the poor, they are afflicted with the hooked worms that are developed from measly pork, and the rich, who use beef more largely, have worms peculiar to that kind of meat.

Hydatids. In the foregoing remarks we have shown how the larvæ of the common tape worm may enter into the tissues of the body producing the most disastrous consequences. We now call the reader's attention to an even more dangerous kind of larval worms known as hydatids. These parasites have short, bladder-like bodies and hook-crowned heads. They develop in groups or colonies within liquid-filled cysts or sacs which vary from the size of a pea to that of a walnut and have even been known to attain the dimensions of a child's head. They usually occupy the internal organs of the body, the liver being their most common place of lodgment. Death is often caused by their ravages in this organ while physicians are dosing and drugging the patient for jaundice, cirrhosis and other liver diseases. The lungs, kidneys, spleen and other internal organs are subject to the attacks of these larval worms and many cases are recorded where they have caused death by penetrating to the heart and brain. These terrible parasites are developed from the eggs of the *Tænia Echinococcus*, a tape worm that inhabits the intestines of the dog. They are therefore more common in those countries where dogs are the principal domestic animals and allowed to occupy the same rooms

with their masters. The eggs, like those of the common tape worm are so small that they cannot be seen with the naked eye and one dog affected with a worm may so contaminate the water used by a whole neighborhood that any one drinking it will be liable to swallow the germs.

Pin Worms and ascarides, are small thread-like worms which develop in the lower part of the bowels and afterwards make their way down to the rectum where they cause a most annoying irritation. Instead of coming singly like tape worms they appear in great numbers and reproduce very rapidly, so if let alone the unfortunate victim is soon tortured with myriads of these disgusting parasites. The inflammatory action and nervous irritation caused by their wanderings about the lower bowels and rectum superinduce many other diseases; spasms, convulsions, St. Vitus' dance and epileptic fits being frequent consequences. It is certainly a terrible affliction to endure the ravages of thousands of repulsive worms, but there is no longer any occasion for people to suffer in this way, for by our New Method treatment we can effectually remove the parasites in a comparatively short space of time.

Ignorant Teachers. We once heard a professor in one of the leading medical colleges ridicule the idea of intestinal parasites causing serious diseases, by telling a large class of medical students that old foggy doctors and old granny women are more troubled with "worms" in their minds than the people are with such parasites in their alimentary canals. All we have to say to such professional co-laborers is that they have neglected a very important part of their medical education. We have proved conclusively in our experience that a multitude of disorders are caused by worms, and we are prepared to give a New Method treatment that will not only remove the mature worms, but also destroy the germs and restore the patient to perfect health.

A Great Mistake has been made by doctors and professors in practicing and teaching the theory that worms and other parasites are the result of a diseased condition of the system. It is simply mistaking the cause for the effect and the effect for the cause. It is the worms and parasites that induce the diseased conditions. The eggs and larvæ of worms are liable to be swallowed by healthy people as well as by invalids, and experience has proved that they will develop in a healthy system as well as in one that is diseased, or even better. But after they have developed the victim cannot continue in good health. No person however robust can long continue in a healthy condition with a monster tape worm absorbing the most nutritive juices of the alimentary canal; nor with larval worms boring in the tissues of the body; nor with hydatids growing in his liver, kidneys or other internal organs; nor yet with myriads of slimy crawling pin-worms in the bowels and rectum.

Thousands of people suffer and die from the ravages of worms and other parasites because their doctors do not know what ails them. There are many others who take medicine for worms when they are really affected with some other disease. The experienced specialist alone, can correctly diagnose obscure cases and it is the practical application of this superior knowledge and discrimination in our New Method treatment that makes us more successful than other physicians. Those who experience any of the symptoms described in this article or who suffer with hysterical fits, spasms, St. Vitus' dance, epilepsy or other kinds of convulsions, should have a careful investigation made by some skillful physician in order to ascertain whether a tape worm is the cause, before risking any hap-hazard treatment.

REPORTS OF CASES CURED.

The following reports, from among hundreds of cases we have treated, are given to show the terrible effects that parasitic worms sometimes produce, and also to illustrate the folly of taking medicine for the wrong disease. We do not give names because persons who have been afflicted in this way are usually sensitive on the subject:

A MONSTER OVER 100 FEET LONG.

(For treatment to cure, see page 4.)

A lady of highly respectable connections, living on Grand Ave., St. Louis, Mo. for six years had not enjoyed a single day of rest or peace. Her health was so broken down that for three years she had seldom ventured away from her room, except to seek the advice of a physician. After the failure of some of the most eminent physicians of St. Louis, she went to Philadelphia and remained there six months under the care of a noted doctor of that city, but he failed to do her any good, and finally acknowledged that he did not understand her case, and that he had exhausted all his skill to discover the nature and requirements of her condition, but without success. She then had a consultation of five doctors, including the one who had treated her. After an examination of the case and a long, learned consultation, they all agreed to pronounce the lady incurable, and with this comforting information sent her home to die. After this she gave up the use of all remedies, with the exception of alteratives to regulate the action of the bowels, which were very much disordered. Aside from her physical suffering, she was constantly harassed in her mind, and with alternate dread and impatience waited for death to come to her relief. In this condition her attention was attracted by an article in the St. Louis papers, reporting the case of a gentleman from whom we had removed a monster tape worm. It induced her to make one more trial, so she called upon us and stated her case. She was then suffering with dizziness, dimness of sight, palpitation of the heart, bloating and tenderness, with severe attacks of pain in the stomach and bowels, extreme nervousness, restlessness

and general prostration, with many other distressing symptoms. She was also much emaciated and very weak. We immediately discovered the cause of her disease and prescribed a remedy. In less than four hours thereafter a tape worm over 100 feet long was expelled. Since that time she has been entirely free from all the distressing symptoms that had harassed her life for so many years.

HARASSED FOR EIGHT YEARS.

(For treatment to cure, see page 4.)

In the summer of 1885, we were consulted in regard to a lady who was at that time confined to her room and had been an invalid for eight years. Sunday afternoon we called at her residence to make an examination and found that she had been successively under the care of eleven doctors who had treated her for nearly fifty different ailments and finally gave her up as a hopeless case. It required but a glance at the invalid and a few well directed questions to reveal the true cause of all her sufferings. The lady was instructed in regard to diet, etc., and made as comfortable as possible for the night. In the meantime effective remedies were prepared for the strange disorder that had baffled the skill of so many physicians. These remedies were administered Monday morning, and before eleven o'clock the long suffering patient was relieved of a monster tape worm. The patient, though weak and emaciated from long sickness, was immediately freed from pains and soon regained vigorous health.

A WORM 40 FEET LONG.

(For treatment to cure, see page 4.)

A well-known gentleman of Rochester; N. Y., had suffered for two years and a half with dizziness, cramps, variable appetite, loss of flesh, pains in the stomach and bowels horrible dreams, nervousness and other symptoms indicating the depredations of a tape worm. His general health was seriously impaired, and having made up his mind to get rid of the unwelcome guest, if possible, he applied to us Wednesday, Sept. 9th, 1885. We gave him some tasteless medicine and awaited developments. Several hours passed without expulsion of the worm and he began to despair, but was encouraged after seeing the vast collection of tape worms which we had removed from other persons. He was confident that we knew our business, and was contented to be patient. His patience was soon rewarded, for in due time he was relieved of a "monster," which by measurement was found to be forty feet long.

ANOTHER OBSCURE CASE.

(For treatment to cure, see page 4.)

Late in the summer of 1883, a gentleman about fifty years of age, formerly a resident and prominent merchant of Louisville, and whose friends and relatives reside in one of the most aristocratic localities of that city, called at our office to consult us about a very strange and unusual malady that had tortured him for eleven years. He said he had only called out of curiosity, because he had been treated by the most noted surgeons in

the United States and Europe, all to no purpose. His first symptoms were dimness of sight, ringing in the ears, vertigo, deafness, palpitation of the heart, precarious appetite, confusion of ideas, and finally, inability to attend to his business, of which he disposed and went East to seek more skilled medical aid, as he had received no permanent relief in Louisville. His disease assumed the form of nervous prostration, with threatened paralysis. He then went to Paris, France, and was treated by Brown-Sequard and other noted neurologists, at this time suffering with excessive vigilance, not averaging one hour of refreshing sleep out of twenty-four, for over six months. Then, for several months afterward, he was sleepy day and night, but was prevented from any refreshing sleep on account of severe attacks of neuralgic pains. His stomach became sore and tender, his bowels so constipated that action was very seldom, and attended with great pain. Finally his limbs became dropsical. He had a severe attack of asthma, followed by an irritating and exhausting cough. He had resided in Colorado for the past three years, the light, dry air relieving his asthma, the alkalinity of the water neutralizing the acidity of the stomach, the pains of the system generally becoming less severe. We made a careful examination and administered remedies which in eleven hours expelled the cause of all his troubles—a monster tape worm. After this his health was speedily restored, and he sent a long section of the worm to his eastern doctors, asking them if they ever saw such a monster, and why they took his money when they did not know the nature of his disease.

PIN WORMS.

(For treatment to cure, see page 4.)

Mr. C., of Connorsville, Ind., had been annoyed by pin worms for two years. The remedies he obtained from local doctors seemed to suppress the parasites for a time, but they would soon be as bad as ever. Finally the continued irritation brought on nervous restlessness and insomnia, followed by gradual loss of flesh to such an extent that he became greatly alarmed. At this stage he consulted us, and our New Method treatment removed the worms and their attendant symptoms in less than a month.

EPILEPSY, CAUSED BY PIN WORMS.

(For treatment to cure, see page 4.)

In the spring of 1886 Mrs. L., of Bloomington, Ill., wrote to us in regard to her little boy, aged eight years, who was suffering with epileptic fits. From her description of the case we suspected the presence of worms, and wrote to her to this effect, asking her some special questions and instructing her how to make a careful investigation. Her next letter satisfied us that the child's diseased nervous condition was entirely the result of the ravages of pin worms. We sent treatment accordingly, which promptly destroyed the parasites and renovated the whole system. The cause being removed, the fits ceased, and the boy was cured. See article on NERVOUS DISEASES.

PILES—HEMORRHOIDS.

The painful and annoying disease known by the above names consists of tumors formed by dilatation of the veins of the rectum in consequence of stagnation or impediments of the circulation. They are called *internal hemorrhoids* when they remain within the rectum and *external hemorrhoids* when they protrude. In regard to hemorrhage they are distinguished as *blind* or *bleeding*.

Causes Piles are usually induced either by ailments that affect the surrounding parts such as constipation of the bowels, urinary and genital disorders, etc., or by derangements that affect the general circulation, such as diseases of the liver, heart and lungs.

Symptoms. The appearance of the active tumors is often preceded by a feeling of fullness and pressure in the stomach, bloating of the abdomen and costiveness, dull pains in the small of the back and sometimes in the back of the head and neck. When external piles appear they cause a tingling and sensation of heat about the rectum; pain and burning sensation at stool, the affected part becomes sore and tender to the touch, and often the patient cannot take any comfort sitting, lying down or standing. Internal piles may exist for a considerable time without causing any symptoms except occasional bleeding. This disease is marked by frequently recurring attacks and cessations. Sometimes the patient feels so well that he may think the piles are disappearing of their own accord, but in a few weeks they return worse than before.

Prolapsus, Fissures, Fistula, Polypus and all other diseases of the rectum are cured promptly by the New Method treatment.

PILES CURED WITHOUT INSTRUMENTS.

One of our assistant surgeons had made the local and instrumental treatment of piles and rectal diseases a specialty for several years before entering our service. He had purchased, at an exorbitant price, instruments and a nostrum (a secret preparation to be used with the instruments) the claims to superiority of which are built upon the most extraordinary and improbable of statements. When he entered the office and became one of our assistant surgeons, he was told that the New Method treatment cures piles and rectal diseases without the use of instruments. This he found to be a fact, for he was afterwards more successful in giving satisfaction to patients and in effecting cures by the our scientific treatment than he or any other physician had ever been by the old harsh methods. Piles, whether external or internal, blind or bleeding, are rapidly cured by our treatment. All itching, aching, smarting, burning pain or bleeding is instantly relieved. The treatment is painless and harmless; no exposure, no change in diet or occupation. Other physicians will subject patients to the most torturing treatment, and then fail to cure. Any lady or gentleman who will submit to the incon-

venience of any rectal disease, rather than pay for a cure, deserves to be tortured.

AN UNNECESSARY OPERATION.

(For treatment to cure, see page 4.)

Mr. R. C. F., of Cincinnati, O., had long been afflicted with a very severe case of piles, and after much unsatisfactory treatment went to a noted surgeon, who told him his only chance of being cured was by an operation. After much consideration and some urging by his home doctors, he agreed to the proposal, and the operation was performed. All the doctors present agreed that it was skillfully done, but the patient soon had reason to think differently, for it nearly killed him. About two weeks later we were called in, and found him in a dangerous condition. By the prompt application of sensible treatment he was restored, and subsequent results proved the dangerous operation to have been entirely unnecessary.

PROTRUDING PILES.

(For treatment to cure, see page 4.)

Mr. ——— was confined to his room by an attack of piles. The tumors protruded like a bunch of grapes, and were exceedingly sensitive, burning and painful. In this disagreeable condition he suffered for several weeks, all remedies which had proved beneficial in former attacks, failing to do any good. He was treated by several physicians and obtained no benefit. He finally wrote to us, and was immediately relieved by the New Method treatment. In one month the disease was radically cured, so that it never returned.

BLEEDING PILES.

(For treatment to cure, see page 4.)

Mrs. C——, aged 47, had been subject to exceedingly troublesome hemorrhoids for eleven years. The tumors bled profusely at times, and would frequently prolapse and become hard. She suffered with severe pains in the small of the back, headache and feverish restlessness. Some of the many remedies she had used gave temporary relief, but the most of them seemed to do no good. Our New Method treatment cured her in less than two months.

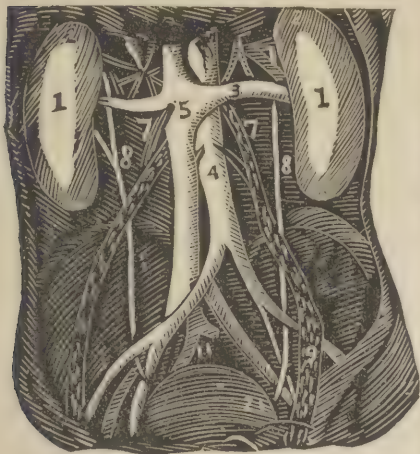
BLIND PILES.

(For treatment to cure, see page 4.)

Mrs. V——, of Detroit, Mich., consulted us June 3d, 1886, in regard to treatment for blind piles, with which she had been painfully afflicted for a long time. The tumors protruded after every stool, causing violent tension and drawing pain in the rectum; pains and soreness, as if bruised in the small of the back, when standing or sitting still; dryness and bad taste in the mouth on arising in the morning; constipation, flatulence, headache and sometimes fainting spells. She had submitted to ligatures, operations with the knife and burning applications, but the attacks always returned with increased violence. Our New Method treatment cured her in two months, and we did not use the knife or cause her an hour's pain or inconvenience.

THE KIDNEYS.

THEIR IMPORTANT FUNCTIONS.—THE CAUSES,
COMPLICATIONS AND CURE OF
RENAL DISEASES.



(For treatment to cure, see page 4.)

The important office of the kidneys is to secrete the urine, thus separating from the blood and carrying out of the system certain deadly poisons. Therefore when these glands are deranged so that their indispensable functions are imperfectly performed, disease and death must inevitably follow, unless the disorder is speedily corrected. The poisons being left in the blood permeate the system and produce rheumatism, paralysis, heart disease, neuralgia, dropsy, female weakness, humors in the blood, ulcers abscesses, abnormal growths, tumors, cancers, etc., and a long train of dangerous disorders, in addition to what are popularly known as kidney affections. Diseases of the kidneys generally develop so gradually as to excite little concern, until a very serious stage has been reached. The usual symptoms are: loss of flesh, general debility, weakness or deep-seated pains in the small of the back, red, pale or dingy urine, either diminished or increased in quantity, difficult and painful urination, pains in the stomach, sometimes vomiting of brown masses, periodical headaches, dry, parched mouth and constant thirst, anxiety and restlessness, cold hands and feet, inability to lie on the right side, loss of strength and emaciation. As disease of the kidneys may assume many different forms and complications which cannot always be distinguished by the outward signs, a careful microscopical and chemical examination of the urine is the only reliable means of diagnosis. Those who have any reason to believe that their kidneys are in any way affected, should not delay in having such an examination made, for such diseases as are mentioned below, almost invariably prove fatal, unless checked by prompt and skillful treatment.

Bright's Disease. This is a granular inflammation of the substance of the kidneys characterized principally by albumen and epithelial scales in the urine. It is, perhaps, the most insidious disease known, often being advanced to a dangerous stage before the victim is alarmed by any marked symptoms. A careful analysis of the urine is the only means of arriving at a correct diagnosis and it is therefore of great importance that such examination should be made wherever the disease is suspected. Some of the signs that indicate the more advanced stages are: a pale yellow waxy and puffy appearance of the skin; a tired languid feeling, weakness and dull aching pains in the small of the back; loss of appetite; fever thirst and restlessness; cloudy dirty-colored urine often leaving a sediment like brick-dust; dropsy beginning either in the face or feet and extending all over the body, causing an oppressed suffocating feeling and great difficulty in breathing. When the dropsy passes away the patient becomes exceedingly weak and emaciated, looking almost like a skeleton. The causes of this dangerous malady are sometimes obscure but it is most frequently induced by long-continued exposure to wet and cold; the excessive use of alcoholic drinks; the effects of fevers, blood diseases, and chronic suppurative affections of the bones, joints, etc.

Diabetes is a disease marked by an excessive flow of urine. In one of the two forms of the disease the urine contains large quantities of sugar, which sometimes give it a faint apple-like odor. The most striking symptoms are thirst, voracious appetite, feeble pulse, dry, rough skin, emaciation and loss of physical vigor, uneasy sensations in the urinary passages and aching pains in the back. The victim becomes greatly exhausted as the disease progresses, and dropsy, consumption or some other deep-seated malady frequently sets in with fatal complications.

Induration, granular atrophy, or renal cirrhosis is a gradual wasting, shrinking and dwindling away of the kidneys. The following symptoms usually mark the progress of the disease: frequent desire to urinate, especially at night, but without pain; attacks of dizziness, palpitation and severe headache; spells of uneasiness, suffocation or want of breath; paleness, loss of appetite and failing strength. The urine is pale or yellowish green, and is passed in abnormal quantities.

THE BLADDER.

(For treatment to cure, see page 4.)

Diseases of the bladder are frequently complicated with derangement of the kidneys, and the one is often the result of the other. Among the disorders which affect these organs in common, are urinary calculi and hematuria.

Gravel, urinary calculi, or stones in the bladder and kidneys, are concretions of uric acid, lime and other substances that enter into the composition of the urine. They

may form in the kidneys, in the ureters (the passages leading from the kidneys to the bladder) or in the bladder itself. Sometimes they originate in the kidneys and are increased in size by additional concretions after passing into the bladder. Gravel in passing from the kidneys through the ureters, causes severe paroxysms of pain, known as renal colic. The pain is usually on one side, and is sometimes so severe as to cause vomiting, cold perspiration, convulsions and fainting fits. The urine can only be passed in drops, and with burning pain. When the stone occurs in the bladder, or after it reaches the bladder from the kidneys, some of the following symptoms appear: pain along the urethra; occasional stoppages of the flow of urine before the bladder is emptied; discharges of bloody urine; pains in the neck of the bladder, worse on standing, walking or riding; pain and stranguy after voiding urine. Sometimes the stones attain such a size that the patient can distinctly feel their weight in the bladder. By our New Method treatment we are enabled to remove these stones without pain or danger, and also prevent new formations.

Hematuria. Passing blood with the urine. This may arise from the irritation caused by the passing of gravel; from injuries or from various diseases of the kidneys, bladder, urethra, etc. The condition is dangerous or otherwise, according to the organ from which the hemorrhage proceeds. Whether the discharge of blood arises from a dangerous source or not, can only be determined by a careful analysis, which should be made without delay.

Catarrh of the Bladder. The mucous membrane lining the bladder, is subject to a catarrhal inflammation, which produces violent symptoms and sometimes fatal consequences. It may be induced by exposure to cold and wet; the use of irritating drugs, such as cantharides, balsam of copavia, etc.; by stone in the bladder; or by strictures and other diseases of the urethra and prostate gland. The principal symptoms are: frequent desire to urinate, with scalding pain and stranguy; severe pains in the bladder, extending up into the kidneys and down through the urethra. The urine is often charged with mucus, emits an offensive smell, and on standing, deposits a thick, glairy, sticky sediment. In the chronic form it is better and worse at intervals, increasing in severity under every irritating cause. It is a dangerous disease, and one in which it is exceedingly injudicious to assume the risks of delay.

REPORTS OF CASES CURED.

Persons who have any symptoms of disease of the kidneys or bladder, should carefully read the following reports of cures by the New Method treatment. For additional complicated cases see the article on DROPSY. Information in regard to ANALYSIS OF URINE can also be found by referring to the index of this book. A scientific microscopical and chemical examination of the urine

is of the highest importance in all cases where kidney disease is suspected.

KIDNEY DISEASE CURED.

(For treatment to cure, see page 4.)

Mr. C. E. Layton, of Cincinnati, O., consulted us in regard to kidney disease after testing the worthlessness of other treatment. For several months he had felt a sort of general indisposition and tired, restless feeling but was not able to definitely locate his ailment. Afterwards he began to experience pains in the back, was languid and drowsy, and fatigued by the least exertion. After treating him unsuccessfully for three months his family doctor concluded that he had Bright's disease of the kidneys, and told him he had better prepare for death, as his case was incurable. The patient concluded that it was time to look for more skillful treatment and came immediately to us. His symptoms at that time were truly alarming. After a careful investigation, and examination of his urine, he was informed that a cure was still possible, but that he had come just in time, for a few more weeks of improper treatment would have sealed his fate. In due time the New Method Cure brought about the complete restoration of his health.

BRIGHT'S DISEASE CURED.

(For treatment to cure, see page 4.)

In May, 1886, Mr. G——, a Cincinnati lawyer of middle age, called at our office to have his urine analyzed. His regular family physician having pronounced his case chronic Bright's disease. His symptoms were profuse perspiration during the night; cough on waking in the morning caused by a tickling sensation low down in the throat; mouth, lips and tongue dry and parched; oppression and difficulty in breathing, especially on climbing stairs; pains through the kidneys and small of the back, a feeling as if fluid were rolling about in the chest when lying on his back; profuse secretion of urine. His face presented a yellow, pasty appearance and he was growing weak rapidly. After a careful investigation of all the circumstances in his case we put him on a course of treatment which improved his condition from the very hour in which he commenced taking it, and in a comparatively short space of time restored him to perfect health.

A MISTAKEN MEDICAL COUNCIL.

(For treatment to cure, see page 4.)

The superiority of our New Method treatment over the stereotyped practice of the "pathy" doctors is forcibly illustrated in the case of Mr. Walter A. Bradfield. This gentleman had a complicated disease of the kidneys and bladder, and was reduced to a most dangerous condition under the treatment of his family physician. He had first suffered with the usual symptoms of incipient kidney disease, a tired languid feeling, pains in the head and in the small of the back, a slight discharge, and a frequent desire to urinate. He made these symptoms known to his doctor and secured a prescription, but the trouble continued and was soon aggravated by more alarming symptoms. The

blood becoming more impoverished, the disease extended and additional symptoms were being daily developed, such as great loss of strength, dropsical effusions, occasional attacks of dizziness and severe pains in the head, chest and back. When it became evident that death must soon ensue unless he obtained relief, a council of physicians was called. They all indorsed the treatment he had received and concurred in the opinion that the disease was necessarily fatal and that only palliative remedies should be used. The patient learned that no attempt would be made to cure him, because the principles of the doctors composing the medical council did not allow them to consider such a disease curable. They knew their own remedies would not cure and according to their peculiar system of ethics it would be quackery to try anything discovered by doctors who do not belong to their medical combination. When the gentleman fully realized the situation he paid their fees and dismissed them. He thought if palliative treatment was all they could give he did not want them, for he could take morphine, quinine and whiskey himself, and they would ease his pains more than anything the doctors had given him, and if he had to die anyway, such palliatives would not do him much harm. Fortunately a friend appeared at this critical juncture and told him of our success in desperate cases. Glad to avail himself of anything that offered a last ray of hope, the patient immediately arranged for a course of the New Method treatment. He was almost at the extreme verge of hope, but science and skill prevailed. After a desperate struggle with the disease he began very slowly to recover and was finally cured.

A LIFE SAVED.

(For treatment to cure, see page 4.)

On the 26th of November, 1883, we took charge of the case of Mr. John Tunney, of 2326 Rutger St., St. Louis, Mo., who had a bad case, of Bright's disease complicated with general dropsy and was not expected to live. Four months under our New Method treatment rescued him from his dangerous condition and restored him to good health. To show that the cure was complete and permanent we append the following extract from a letter he wrote to us on August 23d, 1884: "I received your kind letter and was very glad to hear from you, for you were so kind to me when I was sick. I am now in the best of health, and have been working for three months. I will never forget you, for you saved my life."

ERROR DISCOVERED IN TIME.

(For treatment to cure, see page 4.)

Mr. L. N. Carter suffered with a weak back, a heavy, dragging sensation in the abdomen, and gradual loss of strength. His urine became scant and highly colored at times, deposited a ropy sediment, and was passed with difficulty and pain. These, and other disagreeable symptoms had been gradually increasing in intensity for three years and a

half, and indicated a dangerous disease of the kidneys. He purchased an electric belt, at the earnest solicitation of some misguided friends, but being a sensible man, he soon found he was wasting time with a worthless device, so he threw it away and came to us for an examination and thorough course of our New Method treatment. In five months he reported himself cured, and some time afterwards wrote as follows: "I cannot express my gratitude for what you have done in my case, but I firmly believe that if I had continued the use of the belt, and neglected your treatment, I would by this time have been past help."

KIDNEY DISEASE AND RHEUMATISM.

(For treatment to cure, see page 4.)

Mr. Wm. Redding, of Evansville, Ind., came to us after having suffered indescribable tortures with rheumatism for four years, the attacks being very frequent and sometimes lasting for several weeks. He had obtained some temporary relief from various physicians, but the disease always came back again as bad as before, after a short respite. By a careful investigation of the circumstances of his case, and an analysis of his urine, we discovered the disease to be the result of an impaired condition of the kidneys, certain virulent poisons being left in the blood, and absorbed throughout the system by the failure of these organs to discharge their proper functions. Acting on this discovery, and guided by successful experience, we were enabled to administer remedies that effected a radical and permanent cure.

A DOCTOR CURED.

(For treatment to cure, see page 4.)

Dr. J. R. P., a physician who has a good practice in a town of 3,000 inhabitants, was attacked by a serious disease of the kidneys, which he well knew he could not cure himself. He also knew that the disease would be fatal unless speedily checked by effective remedies, so, as his only chance for life, he applied to us. He was under our New Method treatment six months, and was permanently cured.

DIABETES CURED.

(For treatment to cure, see page 4.)

Mrs. Mary Agnew had been gradually declining for two years with kidney disease, marked by an excessive flow of urine. Despite all efforts she continued to grow worse, and it seemed apparent that the disease would soon come to a fatal termination. Though the patient and her friends had nearly abandoned hope, a final effort was recommended by a neighbor, and the case was referred to us. The result under our New Method treatment was steady improvement and a permanent cure.

ANOTHER LIFE SAVED.

(For treatment to cure, see page 4.)

In January, 1884, Mr. M. P. Kerns, of Albany, N. Y., ordered our New Method treatment sent by express for his wife, who was confined to her bed and sinking rapidly with diabetes. Her skin was dry and harsh,

and she suffered with intense thirst; loss of flesh; mental depression; excessive flow of limpid urine, containing saccharine matter. She had been declining at a most alarming rate for two weeks, and was so exhausted that she could hardly rise from her bed. Our treatment brought her up as rapidly as she had gone down. May 17th, 1884, she wrote as follows: "I have finished the course of treatment you sent me, and can happily say that the results have exceeded my highest anticipations. My life has not only been saved, but I have been restored to perfect health by your skill. I send you the names of a few persons who would like to receive your books and papers."

INFLAMMATION OF THE KIDNEYS.

(*For treatment to cure, see page 4.*)

Mrs. Lucy Finn, a farmer's wife, living near Greenville, Ind., consulted us by mail about the 10th of February, 1883. She could not tell what her disease was but had been suffering for three years with a sensation of weight, a dragging and sometimes intense pains in the region of the kidneys; headaches, dyspepsia and lack of energy. The urine varied in quantity and color, sometimes being scant and highly colored, at other times pale and profuse. From her description we suspected that she was suffering with a chronic inflammation of the kidneys and requested her to forward a small vial of urine. A careful analysis satisfied us in regard to the nature of the disease and a three-months' course under the New Method treatment effected a perfect cure.

ONLY A DIZZY HEAD.

(*For treatment to cure, see page 4.*)

On January 10th, 1886, Mr. John Scoville, of Buffalo, N. Y., called at our office for consultation. He was supposed to be suffering with Bright's disease of the kidneys, and was troubled with all the symptoms of that disease, such as vertigo, or dizziness of the head, so aggravated that he could not venture out without an attendant; puffiness under the eyes, a yellowish, waxy complexion; frequent desire to urinate; feet and ankles swollen; constipation of the bowels, nausea and vomiting. The doctors in Buffalo and New York city, had pronounced the affliction chronic Bright's disease. On making a thorough examination, we decided that he was not suffering with Bright's disease, and a thorough microscopical examination and analysis of the urine confirmed the decision. Mr. Scoville took a three months' course of the New Method treatment and returned to Buffalo. At the end of the three months, or on the 14th of March, he was no better; but apparently worse. Notwithstanding this very discouraging condition of affairs, he ordered another three months' course, and on May 28th, wrote: "I am happy to inform you that during the last six weeks I have wonderfully improved, having increased 22 pounds in weight; all the dizziness, bloating, nausea and pain have disappeared. You said your New Method treatment would cure me if I would do my part, and if I am not

cured what ails me?" So much for knowing what the disease was, and what to do to cure the man.

CHRONIC CATARRH OF THE BLADDER.

(*For treatment to cure, see page 4.*)

Mr. James Eckstern, of Nashville, Tenn., a gentleman forty years of age, consulted us in March, 1881, in regard to chronic catarrh of the bladder, with which he had suffered for nearly three years. He was much annoyed with a burning pain in the bladder and along the urethra; painful micturition and cramping pain in the thighs. Sometimes he would suffer no serious inconvenience from the disease for several weeks, and would almost think he was getting well, but another attack would come on suddenly and he would be worse than ever. At last he became greatly alarmed at the appearance of mucus, blood and pus in the urine, and concluded that there was no time for further delay. After trying several doctors without any benefit, he was referred to us by a friend, and after investigating our success, gladly availed himself of our skill. The disease yielded slowly, as it was of long standing, but the cure was effected in five months.

HEMATURIA.

(*For treatment to cure, see page 4.*)

Mr. Henry C——, of Dayton, O., called in December, 1884, being much alarmed at frequent discharges of blood with the urine. For over three years he had been subject to severe attacks of renal colic, caused by the formation of calculi or stone in the kidneys, and their subsequent passage through the ureters. He said he had frequently passed stones nearly as large as peas. It was after one of these attacks that he first noticed clots of blood in the urine. He also suffered with constipation, nausea and a sense of fullness after eating, poor appetite, loss of flesh and headaches. Under our New Method treatment he was entirely cured in one month.

STONE IN THE BLADDER.

(*For treatment to cure, see page 4.*)

Mr. M. R. Sage, of Columbus, O., a gentleman aged forty-four, consulted us by mail Sept., 13th 1883, stating his case as follows: "I have been treated by five doctors within the past two months, but as none of them have done me any good I write to you as a last resort. My symptoms are severe paroxysms of pains in the bladder and region of the kidneys, almost constant backache and painful micturition, the urine being scant and highly colored. The doctors here have been treating me for stone in the bladder, but now say they cannot benefit me except by an operation. Write me your opinion at once, and if it is favorable I will put my case in your hands." After two months under our New Method treatment he wrote: "Your treatment acted like a charm. I suffered no pains after I commenced using it, but began to revive in strength and spirits and I am now well." When we last heard from this gentleman, in January, 1884, he reported a complete cure. We never saw this patient,

DANGEROUS DELAY.

(For treatment to cure, see page 4.)

In the fall of 1881, a hardware dealer of Cincinnati began to experience symptoms which led him to suspect that he had some kind of kidney disease. Knowing that such cases are dangerous, he immediately consulted a doctor, and was told that his fears were altogether ungrounded. The doctor gave him a "simple prescription" and said he would probably be all right in a few days. But days and weeks passed, and he was forced to the conclusion that the disease was progressing instead of subsiding. He then went to another doctor, who after a brief consultation advised him to go to a specialist whom he named. The patient went anxiously, and the specialist, after making an analysis of urine, informed him that he had Bright's disease, and that the chances were against him, on account of the delay in securing proper treatment, which had allowed the disease to progress to a dangerous stage. After a month's treatment by the specialist he was no better, and came to us as a last resort, saying that if we could not help him he would give up. It was a bad case, but we told him not quite so bad as he had been led to believe. After a week under the New Method treatment he came back and said he felt so much better that he believed we could cure him. We did cure him, and as we saw him occasionally for two years after ward, we know the cure was permanent.

ANOTHER CASE OF BRIGHT'S DISEASE.

(For treatment to cure, see page 4.)

Mr. F. E. Marsh, a traveling salesman, became greatly alarmed for several months on account of certain well-marked symptoms indicating Bright's disease of the kidneys. He suffered with difficult and painful urination, a sensation of dragging weight in the region of the kidneys, sometimes accompanied by severe pain, weakness and pain in the small of the back, and great loss of strength. He came to us and obtained treatment, after which he wrote as follows, from Peoria, Ill., on June 3d, 1884: "I have now taken your treatment for three months, and have every reason to be satisfied with the result. I now enjoy good health and can recommend you to all like sufferers."

RHEUMATISM CAUSED BY KIDNEY DISEASE.

(For treatment to cure, see page 4.)

Mr. C. F. Swayne suffered from an exceedingly painful form of rheumatism for about three years, and could not get any permanent relief from the best medical skill available in the vicinity of his home. Being almost worn out with pain when the attacks were upon him, and constantly dreading their return during the intervals, he said life was not worth living. In this condition a happy combination of circumstances led him to consult us. By a scientific analysis we soon discovered that the rheumatism was the result of an impaired condition of the kidneys, certain poisons being left in the blood and absorbed through the system by the failure of these glands to perform their

proper functions. Upon the basis of this knowledge a course of treatment was prescribed, and after six months Mr. S. wrote: "Your remedies were exactly what I needed. After taking them three months I felt perfectly well, but by your advice continued a month longer. Since that time I have not had a touch of rheumatism, and have been well in every respect."

KIDNEY DISEASE AND DROPSY.

(For treatment to cure, see page 4.) *

In July, 1883, Mrs. Henry wrote to us from Kansas City, Mo., stating her case and inquiring anxiously in regard to treatment. Her trouble was kidney disease and dropsy, complicated with dyspepsia and derangement of the liver. She had been a constant sufferer for many years. At the time she commenced our treatment she was much worse, and was not expected to live, but the remedies worked an immediate change, and she was cured in five months. August 24th, 1884, she answered our letter of inquiry in these words: "I have enjoyed good health ever since taking your treatment for dropsy and kidney disease, a year ago, and it is such a delightful experience for me to be active and healthy, after so much sickness, that I feel like telling every one of my good fortune, so that other afflicted persons may be induced to go to you and be cured."

ANOTHER MISTAKE.

(For treatment to cure, see page 4.)

Mr. C., of Springfield, Ill., wrote to us inquiring about treatment for kidney disease the doctors there having told him that he had Bright's disease and could not be cured. We asked some special questions in regard to his case and requested him to send a sample of urine for examination. After making a scientific investigation we informed the gentleman that he did not have Bright's disease at all. He ordered treatment and was cured in one month.

DISEASE OF THE KIDNEYS AND BLADDER.

(For treatment to cure, see page 4.)

In March, 1884, Mr. B. A. James wrote to us as follows: "Having failed to get any benefit from the doctors here, I write to you in the hope that you can help me. I am suffering with some disease of the kidneys and bladder, causing painful micturition, weakness in the back and a heavy, dragging sensation in the abdomen. I have also been losing strength for some time and am greatly exhausted. If you think you can cure let me know your terms immediately, for I feel that I have no time to lose." We sent Mr. James our opinion in regard to his case and our terms for treatment, and the remedies were shipped by express on receipt of his reply. He wrote a letter from which we quote these words: "Your treatment has effected a complete cure. I am now as well as ever and can not detect any of the old symptoms, though I have watched for them closely. I have lately learned that the doctor who treated me before I applied to you, told an acquaintance of mine that I had Bright's disease and could not be cured."

DROPSY.

ITS VARIED CAUSES, FORMS AND CONSEQUENCES.—RESULTS OF THE NEW METHOD TREATMENT.

(For treatment to cure, see page 4.)

During the continued operation of *exosmosis* and *endosmosis* in the essential process of life, as explained in the article on THE LUNGS, certain fluids and gases are constantly passing to and fro in the tissues of the body, taking up dead matter and replacing it with vital material. The blood as it is propelled from the left side of the heart, having been aerated in the lungs, contains the vital elements which are exhaled into every pore of the system from the capillary circulation. In connection with this process the capillaries also pour out into the minute cells as well as into the great cavities of the body, a watery fluid which appears to serve the triple purpose of conveying the life-giving elements, lubricating the tissues and taking up the products of combustion and decomposition. It is then absorbed into the veins, carried to the right side of the heart, thence propelled through the pulmonary circulation, where the noxious gases are liberated by the lungs in the act of breathing.

This process of exhalation and absorption must go on continually, as it is intimately associated with the mysterious phenomena of life. In health it is harmonious and equable, but in certain diseases the equilibrium is destroyed, that is, the quantity of fluid exhaled is out of proportion to what is, or should be, absorbed. If the capillaries fail to convey to the tissues the proper amount of fluid and life-giving material, the fault arises from torpid circulation, diseases of the blood, or disordered digestion, imperfect nutrition, etc. In such cases diseases of almost any known character may be developed. On the other hand, when the exhalants act too freely, or when obstructions arise to prevent absorption from taking place as rapidly as it should, the fluid must necessarily accumulate, and Dropsy ensues.

It will therefore be understood that dropsy is not, properly speaking, a disease of itself, but rather a symptom of other disorders, which are always of a serious character. The most common of these are diseases of the heart, lungs, liver, etc., that interfere with the circulation, preventing the return of the venous blood to the heart, thereby distending the veins and impeding absorption; and, diseases of the kidneys that produce a thin, watery condition of the blood, thereby increasing capillary exudation.

Dropsy is known by different names, according to the organs or localities which it affects, the principal classifications being *Anasarca*, *Eedema*, *Hydrocephalus*, *Hydrothorax*, *Hydropericardium* and *Ascites*.

Anasarca, or general dropsy consists of fluid accumulations in the tissues of the body throughout. It usually begins at the ankles and gradually extends upwards to the limbs, abdomen, chest and finally to the face. The skin is pale and dry and feels like

dough, the indentation made by the finger remaining for some time after the pressure is removed.

Eedema is essentially the same as *anasarca*, except that it is confined to certain parts of the body.

Hydrocephalus, or water on the brain, is a dropsical effusion into the cranial cavities. It usually affects children at an early age.

Hydrothorax, or dropsy of the chest, is generally brought on by diseases of the heart and lungs. As there is no visible outward distension the real condition can only be determined by a skillful examination. The most prominent symptom is great oppression in breathing and a sense of suffocation, especially when the patient moves or turns over in bed. This results from the variable compression of the lungs by the moving fluid.

Hydropericardium. Dropsy of the pericardium. This consists of a collection of fluid in the sac, which encases the heart. This also causes difficulty in breathing and suffocation, especially if the patient attempts to lie down. Sometimes the only position that can be maintained is sitting in a chair with the body bent forward. In bad cases the veins of the neck swell, the feet begin to bloat and finally the dropsy extends over the whole body.

Ascites. Dropsy of the abdomen. This is one of the most common of the dropsical affections, and on account of the size of the abdominal cavities the effusions are more extensive than in any other part of the body, often amounting to forty or fifty pounds. This form of dropsy shows itself distinctly by the distension of the abdomen.

By our New Method treatment we have cured many cases of dropsy that were considered incurable by the other doctors, and to show that even extreme cases are not always hopeless, we can produce the record of the case of a woman who was cured after being tapped 133 times, and having, in all, over 400 gallons of fluid removed.

REPORTS OF CASES CURED.

The following reports are of cases in which dropsy was the most prominent manifestation of disease. Other complicated cases involving dropsical conditions will be found in the chapters under the articles on the HEART, STOMACH, LIVER, BOWELS, KIDNEYS, ETC.

ABDOMINAL DROPSY.

(For treatment to cure, see page 4.)

December 14th, 1885, we were consulted in regard to a case of Mr. James Bartman, who was in a critical condition with ascites, or abdominal dropsy, induced by a diseased condition of the liver. He had been brought to the city for treatment by two eminent physicians and surgeons, and had been under their care three weeks before our services were sought. During that short period they had tapped him three times, removing about twenty-five pounds of fluid at each operation. This method was a failure, for the

water would accumulate as bad as ever in a few days after its removal. Mr. B's friends saw plainly that there was not much hope of a cure so long as repeated tapping had to be resorted to, and after the third operation came to ask our opinion of the case. We told them what the New Method treatment had done in other cases, and agreed to take the case and do the best we could. First we gave remedies that caused the fluid to pass off gradually by the natural passages, then by following with treatment to restore the liver to healthy action; to remove obstructions in the circulation, and stimulate absorption, we succeeded in preventing further accumulation, and finally brought about a cure.

DROPSY AND LIVER DISEASE.

(For treatment to cure, see page 4.)

Mr. Henry Sutler, of Cleveland, O., had suffered symptoms of cirrhotic disease of the liver for two years, and finally became affected with dropsy to such an extent as to cause great alarm. First there appeared a puffy appearance under the eyes, then bloating of the feet, and afterwards of the whole body. The abdomen became greatly distended, giving rise to great oppression and difficulty in breathing, amounting almost to suffocation. His family physician—a very excellent gentleman and an honor to the profession—had succeeded in warding off previously threatened attacks, but this time the disease got beyond his control, and he said he was powerless to give further relief, except by the *dernier resort*—the operation of tapping. The gentleman did not wish to submit to this if it could possibly be avoided, and, not knowing what else to do, sent for one of our surgeons, who was in the city at that time. The New Method treatment promptly relieved the most alarming symptoms, and in due time brought about a cure, not only of the dropsy, but also of the liver disease that produced it.

DROPSY AND KIDNEY DISEASE.

(For treatment to cure, see page 4.)

In December, 1885, we were called to see a business man of Cincinnati, who was confined to his bed with abdominal and general dropsy, induced by disease of the kidneys. The secretion of urine was almost entirely suppressed, and the three doctors who had been called in consultation thought he could not live twenty-four hours. It was a case that required prompt action, and there was no time to be lost with vacillating conjectures or uncertain remedies. We applied our New Method treatment without a moment's hesitation in regard to the best course to pursue, and in a few hours had the patient greatly relieved. The next morning he was considered out of danger, and in a few week's time was able to be about his business. He remained under our treatment about six months, and then considered himself entirely cured.

DROPSY AND HEART DISEASE.

(For treatment to cure, see page 4.)

Mr. E. L. Hauser consulted us in a very downcast mood, in regard to his wife, who

was in great distress with dropsy of the pericardium (heart sac). The action of the heart was very weak; the veins of the neck were swollen and the feet and lower limbs bloated. She could only breathe in a sitting posture, with her body bent forward, as every effort to lie down brought on an attack of suffocation. She had been in this condition, sitting up day and night, for six days, and the attending physicians said an operation with the trocar, for the removal of the fluid, was the only means that would save her life. She would not submit to the operation, so her husband came to us to see if we could offer any other hope. We told him our New Method treatment would cure if the patient was not past all help, and gave him remedies for immediate use, instructing him to come again the next morning. He came as requested and reported great improvement in the patient's condition. We then furnished him with additional remedies and instructions, which completed the cure in about three months.

DROPSY OF THE CHEST.

(For treatment to cure, see page 4.)

In March, 1886, we were called to make an examination in the case of Miss Stella Abbott, who was then visiting friends in Detroit. We found the young lady in a condition of great distress, on account of rapidly accumulating dropsical effusions in the pleural cavity, in consequence of a previous attack of lung disease. She was bolstered up in a chair and had been in that position all the previous night, as it was the only way she could get breath; even then, there were times when breathing was so difficult that she would almost suffocate. Two doctors had been called before we were consulted, but were unable to afford any relief. We treated her according to the New Method, and relieved her so that she was able to sleep that night. The faithful continuation of the treatment afterwards effected a permanent cure.

DROPSY CURED.

(For treatment to cure, see page 4.)

Mrs. J. A. Ellis, aged about fifty, had been troubled with symptoms of dropsy for years, and for the last year before applying to us, she had been conceded hopelessly incurable by her family physician, who succeeded in keeping her away from us for about eighteen months after she had decided to consult us; but self-preservation is the first law of nature, and the desire to live is strong even with the aged and afflicted, and after waiting until her physician had exhausted his own skill and that of other members of the profession who were called in consultation, as well as exhausted her own patience, she demanded to know what was to be the result, and they informed her that she was hopelessly incurable, the only resource they had would be to tap her, and that at best her lease of life was short. She was a wealthy lady, and sent us word to come and see her at any cost. We could not go, and her friends placed her in her carriage and drove

her to our door; we examined and consulted with her in the carriage, because she could not get into the office without being carried. We told her the New Method treatment would cure her, and gave her medicine to commence taking immediately. Three days afterward her family physician called to tap her, but she said she would wait another week. Well, her old physician got mad, and said if she took medicine from us he would never attend her again. But in spite of his protests she took the medicine and followed it up for eleven months, and was cured. No one would believe that the puffy, waxy, bloodless-looking and helpless being that came to us an invalid in a carriage, was the same rosy, spry and healthy lady who called a year later to express her gratitude and inform us that her friends all thought she looked ten years younger than before.

THE CAUSE DISCOVERED.

(*For treatment to cure, see page 4.*)

In July, 1886, there was brought to our notice a case of abdominal dropsy which had received the attention of no less than a dozen physicians. The disease had been in active operation for over two years and about nine months previous, to the time we first saw the patient, several doctors had decided that he could only live a few weeks, but one doctor after another had been called and by continual tapping and the removal of great quantities of fluid, what had seemed an imminent fate was warded off from month to month. However, there seemed to be no hope of a cure as the cavity gradually filled up after each operation and in about two weeks would be as bad as ever. After making a thorough investigation of the case we found that the dropsy was dependent upon an obscure cause which the other doctors had overlooked in the treatment. When once understood his cause was not difficult to overcome and in about a month we had all the signs of dropsy removed, to the great astonishment of every one that knew the patient.

FROM THE BRINK OF DEATH.

(*For treatment to cure, see page 4.*)

The man whose remarkable escape from death is here recorded, had been a hard drinker all his life, and had indulged in various dissipations to a greater extent than men of ordinary strength and vitality would have been able to stand. A strong constitution, however, enabled him to continue his reckless manner of living in comparative good health until February, 1885, when he had reached his fifty-third year. He then began to lose flesh and strength, and was attacked with dull pains in the region of the liver and spleen, which compelled him to abandon his usual habits of life and seek the services of a physician, who succeeded in keeping the disease partially under control for a time, but finally abdominal dropsy set in as a result of obstructed portal circulation, and it was decided that it would be necessary to resort to tapping to save his life. Another doctor was accordingly called in consulta-

tion, and the operation performed. He got relief for a short time, but was soon in a worse condition than before, by the rapid recurrence of the dropsical effusions. A council of five doctors was then called. On hearing the history of the case they all pronounced the disease necessarily fatal, and, after making an examination, they unanimously agreed that the patient could not live more than two weeks. The friends of the sick man were not willing to give up without further effort, and immediately consulted us in regard to the New Method treatment, much to the disgust of the medical council. The remedies were promptly prepared, and in three days the patient was out of danger. At the end of a month the doctors who had condemned him to die in two weeks were astonished to find that he was well, and bidding fair to live as long as any of them. According to the old system these doctors were right in deciding that the man had to die, but old things are passing away, and doctors who do not understand the principles and discoveries involved in the New Method treatment will soon find themselves so far behind the times that this progressive age will have no use for them.

ALMOST TOO LATE.

(*For treatment to cure, see page 4.*)

A gentleman who for three years had been under various kinds of treatment for heart disease was finally attacked with dropsy of the pericardium. The fluid accumulation was first indicated by a suffocating sensation, which soon increased to such an extent that he was obliged to sit up in a chair with his head bent forward, in order to get his breath. At this stage the attending physician advised tapping, but the patient knowing that the operation would be attended with considerable danger, refused to submit. The next day we were consulted by the gentleman's wife, and gave our opinion of the case, but she did not order treatment, and we heard nothing more from them for nearly a week. We then received a message asking us to go and see the patient immediately. This we could not do, but went as soon as possible. Our first impression, on making a cursory examination, was, that it was too late for human skill to be of any avail, but there were a few favorable signs, and we determined that if prompt action and well-tried remedies could accomplish anything in such a condition, his life should be saved. We soon had the satisfaction of marking a change for the better, and in a few weeks had the gentleman at his business, which he had been attending regularly when we saw him two years later.

AVOID EXPERIMENTS AND DELAY.

When dropsical manifestations appear in any part of the body, no time should be lost in experimentation or delay. As we have previously shown, this condition always arises from some serious disease, and the main object should not be so much to allay the dropsy as to discover and remove the cause that produces it.

RHEUMATISM.

(For treatment to cure, see page 4.)

Though this painful disease is very common in all localities and among all classes of people, it is still obscure in its nature, and but very imperfectly understood by the majority of physicians. It is a constitutional disorder, characterized by severe local manifestations in the joints and muscles, but these painful symptoms are not so much the result of a positively diseased condition of the blood as many suppose. They occur rather from a disturbance in the nutrition of the tissues, induced by outward causes acting through the agency of the nerves and nerve centers. For the convenience of the general reader, we shall classify and describe rheumatism under three divisions, viz: *inflammatory, chronic and muscular.*

Inflammatory Rheumatism. This form of the disease which is also called acute rheumatism, affects the synovial membrane of the joints, causing an exceedingly painful inflammation. The attacks are often preceded by a feeling of debility, general indisposition and chilly sensations, but in other cases there are no warning symptoms. It sets in suddenly with fever, accompanied by pain and tenderness in one or more of the joints. Sometimes it shifts rapidly from one joint to another. Soon the affected joints begin to swell and redden, the pain becomes agonizing, and is aggravated by the slightest touch or motion. The fever is often so high as to cause alarm, and the disease frequently reaches a dangerous stage by extending towards the heart, lungs, brain or spinal cord.

Chronic Rheumatism of the joints, or chronic articular rheumatism, is sometimes caused by repeated attacks of the inflammatory form, but more frequently originates as an independent disease. The joints become stiff, painful and sensitive to motion, remaining in this condition, with occasional aggravations and a gradual tendency to grow worse, for years; in fact this form of the disease never leaves the victim as long as life lasts, unless overcome by skillful treatment. The symptoms are greatly aggravated by exposure and changes in the weather. In many cases the joints become enlarged and stiffened by the continued action of the disease, while at the same time the muscles are wasted or atrophied; thus in long-standing cases we often find the limbs abnormally small, and the joints abnormally large. In other modifications of the disease the joints are gradually deformed by wasting in certain parts and abnormal deposits in other parts. Thus the fingers become crooked and twisted, the limbs drawn up, the neck turned awry and other parts of the body similarly deformed.

Muscular Rheumatism. This is that form of the disease which affects the muscles, tendons, covering of the bones, etc. In some cases there are visible signs of inflammation—swelling; redness, etc.—in others none. The most characteristic sign is the shooting,

burning, lancinating pain. It often affects the muscles of the chest, causing sharp pains on every movement of the arms, coughing, sneezing or drawing a deep breath. This form is called *pleurodynia*. In other instances it attacks the muscles of the lower part of the back, and is then called *lumbago*. Another frequent seat of the disease is in the muscles of the back and shoulders, where it causes great pain on attempting to turn, stoop or move the arms. Again it attacks the muscles of the neck and head, and sometimes the covering of the skull. It often comes on very suddenly. While feeling perfectly well the victim may be seized in a moment with an attack so severe that he cannot rise from his chair; or, he may retire seemingly in good health, and awake during the night in great distress and unable to move.

It will be seen from the above that the disease called rheumatism covers a great variety of conditions, and the fallacy of expecting a single remedy (whether it be a patent medicine or a doctor's prescription) to cure all cases, should be apparent to the dullest comprehension. We have met with great success in the treatment of all forms of rheumatism by our New Method, but the success has only been attained by the scientific adaptation of remedies to special conditions.

Sufferers with this painful disease who have tried patent remedies and the prescriptions of unsuccessful doctors till they are discouraged by repeated failures and almost distracted with pains should not give up in despair till they have investigated the merits of our New Method treatment. We have cured hundreds who have been disappointed everywhere else and who had almost entirely given up all hope. Many who come to us thinking they are incurable and only expecting temporary relief are cured in a few weeks.

REPORTS OF CASES CURED.

After reading the following reports of cures turn to the index of this book and refer to the article on ANALYSIS OF URINE. In nearly all cases of rheumatism the character of the urine is modified, and by making a chemical and microscopical examination we are enabled to diagnosticate with greater precision than would otherwise be possible.

A PROMPT CURE.

(For treatment to cure, see page 4.)

In February, 1885, Mr. John F. Boyd, of 346 Lake Ave., Rochester, N. Y., called at our office being painfully afflicted with sub-acute rheumatism. He was so crippled by the disease that it was with difficulty he made his way from his sleigh to the office, leaning upon crutches and assisted by a friend. After a few weeks under the New Method treatment he was able to walk alone without crutches and was soon entirely cured. The cure was radical and permanent, for when we last saw him in the fall of 1885, he was in good health.

UNEXPECTED RELIEF.

(For treatment to cure, see page 4.)

Mr. Henry Hessick, consulted us in Sept. 1882, being disabled and almost constantly tortured with rheumatism. He said he would willingly give all that he possessed to be rid of the painful disease. But he thought money could not buy relief, for he had paid several eminent doctors very liberally and had traveled to noted springs without any permanent results. A friend finally succeeded in inducing him to apply to us. After the first month's treatment he began to have confidence in the remedies, and was soon cured. At the end of six months he was entirely free from all symptoms of the disease which had made him miserable for so many years.

MUSCULAR RHEUMATISM.

(For treatment to cure, see page 4.)

In January, 1882, Mr. Geo. Hatch, consulted us after having suffered intensely with muscular rheumatism in the chest and about the shoulder blades. He could not raise his arms, and the least movement caused excruciating pain. Our New Method treatment relieved him in one night, and wrought a permanent cure in less than a month.

MORE THAN HE EXPECTED.

(For treatment to cure, see page 4.)

In June, 1884, Mr. E. C. Mumford of New York city, ordered treatment for rheumatism by mail. August 27th, he wrote as follows: "The effects of your treatment have been truly remarkable in my case, and I am all the more surprised because I did not expect much from it. Having been painfully afflicted with chronic rheumatism for ten years I thought I had tried everything that medical science had to offer, and when a friend urged me to write to you, it was with great reluctance that I yielded to his request, and then I did it only to please him, for I had no hope that you would be more successful than those who had previously treated me. But we sometimes receive most where we had expected the least, and it was so in my case. Your remedies relieved me at once, and by their careful use I have been cured."

CURED IN ONE MONTH.

(For treatment to cure, see page 4.)

Mr. Michael Brien, of Cleveland, O., had been painfully afflicted with rheumatism for six years, and could get no relief from any source until he wrote to us. Our New Method treatment cured him in one month. One year later he wrote to us saying that the cure was permanent, and that he had purposely waited a year before writing to us, to see if the disease would return.

INFLAMMATORY RHEUMATISM.

(For treatment to cure, see page 4.)

In the fall of 1883 we cured Mrs. Clara Eastman, of St. Louis, Mo., of a bad case of inflammatory rheumatism. She had been subject to the attacks for four years, and suffered the most excruciating pains. In the fall of 1884 she wrote: "I have not had an attack

of the rheumatism since using your New Method treatment a year ago. Previous to that time I suffered so much that I could not take any comfort in life, and often wished that I was dead, for I had been led to believe that I was incurable by the repeated failures of several eminent doctors. When I wrote to you I did not expect to be cured, but would have been satisfied with something to relieve the intense pain, but your treatment has removed all traces of the disease."

RHEUMATISM AND HEART DISEASE.

(For treatment to cure, see page 4.)

In May, 1886, Mrs. V. A. Markstein, of Indianapolis, consulted us in great physical and mental distress. She was then thirty-one years of age, and for eighteen months had been in almost constant misery with rheumatism. Her wrists, elbows, knees and ankles were swollen and stiff; better and worse at intervals; especially painful in the evening and on arising in the morning. About six weeks before she consulted us the pains attacked the chest and region of the heart. There was a sensation as if the heart were compressed or bound down, so that it did not have room to beat. She also had frequent attacks of suffocation, violent beating of the heart, cold sweats, etc. These symptoms in connection with the rheumatic pains were often so severe as to cause her to cry out, and sometimes faint. She became rapidly pale and weak, her feet began to bloat and she was in constant fear of death. We informed her that her condition was critical and dangerous on account of the rheumatism affecting the heart, but at the same time assured her that we had strong hopes of her complete recovery under the New Method treatment. She improved rapidly, and when we last heard from her, five months later, all indications of the disease had disappeared.

RHEUMATISM IN THE LEG.

(For treatment to cure, see page 4.)

Mr. Jas. Reagan, aged thirty-five, wrote to us from Kansas City, Mo., on March 18th, 1886, describing his case as rheumatism of the left leg and hip. When sitting or lying down he suffered very little, but on rising up, turning the body or moving about, the most excruciating pains would shoot through the affected side, being most severe in the hip, knee and ankle. He had been afflicted in this way for about five months. Some days he would be tolerably comfortable, and at other times could not move out of the house. Our New Method treatment enabled him to be about his business in one week, and cured him completely in one month.

A SUFFERER FOR NINE YEARS.

(For treatment to cure, see page 4.)

Mr. Borman, had been subject to frequent attacks of rheumatism for nine years. The right shoulder and elbow joints, the finger joints of both hands, the ankles, toes and soles of the feet were stiffened and painful. He came to us in February, 1883, and was cured by our New Method treatment.

NEURALGIA.

(For treatment to cure, see page 4.)

The term neuralgia literally means *nerve pain*, but as every kind of pain must be in the nerves, it is used here in a more limited sense to indicate those sharp, lancinating pains which appear to follow the course of particular nerves throughout the ramifications of their branches, without any tangible cause for the disturbance and often without involving any evidence of inflammation in the affected parts. For the better information of our readers, we classify neuralgia according to its four principal forms which are named as follows in reference to the locality which the disease attacks: *Tic Douloureux*, *Hemicrania*, *Intercostal Neuralgia* and *Sciatica*.

Tic Douloureux or facial neuralgia is that form which attacks the nerves of the face and is a very common affliction. It is characterized by intense sharp, burning and cutting pains which are usually confined to one side of the face or the forehead. It usually comes on periodically and while an attack lasts the pain may be constant or paroxysmal. The points in which the pain is usually most severe are just above the eye-brow, along the side of the nose, along the cheek bone and the lower jaw on a line from the chin to the ear. The eyes also are sometimes affected, becoming red, painful and watery. During severe attacks the skin over the affected parts becomes red and swollen and remains stiff and tender after the pain ceases.

Hemicrania. This form of the disease is also known as *sick headache*, *migraine*, *brain ague*, etc. It begins with a dull, aching pain in the forehead and temples gradually increasing in severity and often becoming violent to the point of distraction. As the pain increases nausea sets in and vomiting often marks the climax of the attack. The symptoms are aggravated by motion, noise and light, the patient usually seeking to be left alone in a darkened room. Specks before the eyes and distortion of vision, such as seeing things double or only by halves, frequently precede or accompany the attacks.

Intercostal Neuralgia. By this term we understand a pain that affects the nerves which radiate from the spinal cord and run along the spaces between the ribs and the front of the body. It is thus often mistaken for lung disease. The pain is greatest either towards the root of the nerves near the spine, or at the extremities of the nervous branches in front of the body.

Sciatica. With the exception of *tic douloureux*, *sciatica*, is the most common, painful and dreaded form of neuralgia. It affects the great sciatic nerve which runs from the pelvis to the foot. The pain generally begins in the hip-joint and gradually extends downward till it reaches the foot, the most painful points being about the knee, hips and ankle. Besides this there is a feeling of numbness throughout the limb and the suffering is aggravated by every motion. In long continued cases the limb is often drawn up and deformed.

Causes. The various causes of neuralgia appear to be an impoverished condition of the blood resulting from imperfect nutrition, blood diseases, the presence of lead or mercury in the system, morbid growths, malaria, cold and dampness, excesses, uterine disease, intestinal worms, injury to the nerves by violence, etc. Subjects with a constitutional tendency to hysteria, hypochondria, epilepsy insanity and other psychical disturbances are specially predisposed to neuralgic attacks. However the disease sometimes occurs where there is no evidence to show that the patient has been subject to any of the above conditions or tendencies.

REPORTS OF CASES CURED.

The following sample cases illustrating the various forms of neuralgia are selected from the great number we have cured. For other cases presenting somewhat similar symptoms, see articles on RHEUMATISM AND HEADACHE.

SCIATICA CURED.

(For treatment to cure, see page 4.)

Mr. Henry Ford, consulted us in December, 1882, having been a sufferer for ten years with an extreme case of sciatica. The attacks were frequent and the pains so severe that he could get no rest for several nights in succession. He was a gentleman of wealth and leisure, and spared neither time nor money in trying to get cured. He had paid many doctors liberally, and had traveled to numerous springs and health resorts, yet obtained no perceptible benefit till he put his case in our hands. After four months under our New Method treatment he considered himself perfectly cured, and ever since has enjoyed good health.

ANOTHER ADDED TO THE LIST.

(For treatment to cure, see page 4.)

In December, 1883, Mrs. Daniel Yohe, of Elwood, Ind., came under our treatment. She was fifty-one years of age, of dark complexion, five feet high and weighed 99 pounds. Her trouble was sciatica and neuralgia in the head and back, with severe pains in the right side. She also suffered with dimness of sight and hot flashes with cold hands and feet. December 25th, 1884, about a year later we received the following from her husband: "No doubt you will be pleased to hear of one more added to the already long list of relieved sufferers. My wife wishes me to inform you that she considers herself greatly benefited, so much so that she is in no way troubled like she was before using your remedies. She has had but two slight attacks of her old trouble, neuralgia, and none recently. If what is here written will be of any consequence as a testimonial of acknowledged relief, you can use it. Please accept our many thanks."

NEURALGIA AFFECTING THE NECK.

(For treatment to cure, see page 4.)

On November, 1883, Mrs. S. Hoogstraet, the wife of a prominent business man residing at No. 2637 Indiana Ave., St. Louis, Mo., consulted us in regard to neuralgia affecting the

back of her neck. For many months previous to the development of the neuralgia she had been troubled with almost constant headache. We treated her by the New Method and October 21st 1884, she wrote: I have neglected to answer your letter of inquiry, but can say that my health is very good now, and I am very thankful to you for curing me after I had suffered for two years.

HEMICRANIA CURED.

(*For treatment to cure, see page 4.*)

In June 1886, Mrs. E. G. Mast, a widow, aged thirty-five, consulted us in person, having been a great sufferer for six years with hemicrania, or neuralgic sick headache. The attacks came on about once a week on an average, and when they did come she was obliged to give up everything and go to her room. The dreaded symptoms were ushered in with sudden dimness of sight, blurred or double vision and dizziness. The pains were usually most severe on the left side of the head, but sometimes extended all over and down into the bones of the face. She could not endure the least motion, light or noise, and when the attack was at its worst, suffered with chilliness, deadly nausea and vomiting until her whole body would tremble. She did not expect a cure, having suffered so long, but thought we might be able to give her something to relieve the terrible suffering she had to undergo during every attack. We made her no promises, but put her under a course of treatment that cured her in two months.

NEURALGIA OF THE HIP-JOINT.

(*For treatment to cure, see page 4.*)

Mr. Frank A. Moss, of Cincinnati, consulted us in regard to an agonizing pain in the hip, which other doctors diagnosed in different ways, some calling it rheumatism, some hip-joint disease, etc. But they all failed to relieve his sufferings. On investigation we pronounced the case neuralgia of the hip-joint, and furnished a course of New Method treatment, which brought about a cure.

SCIATICA CURED.

(*For treatment to cure, see page 4.*)

We were consulted in regard to the case of Mr. James Dunwell after he had been confined to his bed the greater part of the time for six weeks, and unable to sleep except under the influence of opiates. The family physician came to see us at the patient's request. He said he had tried all the usual remedies and had even resorted to "heroic measures" but nothing he could do seemed to have any effect. We prepared remedies and instructed him in their use, and after two weeks he came back to inform us that his patient was well.

NEURALGIA OF THE UTERUS AND OVARIES.

(*For treatment to cure, see page 4.*)

Mrs. C. C., aged 34, had been treated for uterine difficulties during the two years previous to consulting us, by no less than eight physicians, and four additional had been called in consultation. She had been wishing to consult us for a year, but had

been dissuaded by doctors and friends. We decided that her trouble was neuralgia of the uterus and ovaries, and by our New Method treatment succeeded in curing her in seven months.

NEURALGIA CURED.

(*For treatment to cure, see page 4.*)

Mr. A. R. Jones, a baptist clergyman, consulted us in March, 1886, in regard to a most aggravated case of neuralgia, with which he had been tortured for two years, notwithstanding the efforts of two very successful physicians who had labored in vain to control the disease. The pain was not intense at all times, but he was never entirely free from it, and any mental effort connected with his profession was sure to bring on a paroxysm that would nearly drive him to distraction, and unfit him for business for a number of days. He had not much confidence that we would be able to give him any relief, but came because he did not know where else to go. We told him that we made no pretensions to anything miraculous, but thought our scientific New Method Cure would reach his case. He said he was willing to give it a fair trial, so that if he was not benefited it would not be his fault. The proper remedies were therefore prepared, and by their use he found immediate relief.

AN EXTREME CASE.

(*For treatment to cure, see page 4.*)

Mrs. Thos. Carpenter had been a sufferer from the most agonizing form of neuralgia of the head, face, neck, chest and back. The attacks began at the age of 45 years, and continued to grow worse and worse, year by year, in spite of constant medical treatment, until she had become a complete physical wreck, presenting the appearance of one in constant mortal suffering, whose sighs and groans would touch a heart of stone. To add to her afflictions her stomach would but imperfectly perform its functions, the bowels constantly constipated, liver torpid, kidneys imperfectly performing their secreting and excreting functions. In a word, the patient was a veritable physical wreck. She had been dosed and drugged, blistered, bled, bathed and fairly butchered. We took the case with great hesitancy, being ourselves but little less hopeless than the poor sufferer. We frankly informed her that the chances were against her. But she said: "You are my last hope." So we began the treatment. The first month she was but little improved, still her pains were not quite so bad. She could obtain four hours' rest out of the twenty-four without opiates. At the end of the second month she was decidedly better, and continued to gain from that time, until at the end of ten months she was completely restored to health, to the great satisfaction of her family and friends.

Many persons afflicted with neuralgia, have been led to believe the disease incurable, and therefore suffer on without making any effort to get relief. Such persons are especially invited to try the New Method treatment.

HEADACHE.



(For treatment to cure, see page 4.)

Pain or aching in the head is a very common symptom of nervous derangements of the system, and is very seldom, strictly speaking, a disease of itself. We have classified the various conditions popularly known by the term headache, according to the causes that produce them, the following being the principal forms:

Bilious Headache, sometimes called sick headache, is generally experienced periodically. The stomach is invariably out of order, with torpor of the liver. The tongue is coated and the breath offensive. There is great distress in the front and side of the head, throbbing in the temples and intolerance of light and noise, with nausea, flatulence and low spirits. The eyes blur, and the lips, tongue and hands frequently feel benumbed or "asleep." The bowels are constipated or relaxed. The head is often hot and the feet cold.

Organic Headache. This form of headache is traceable to brain disease, or disease of the membranes covering the brain. It is indicated by vertigo, dizziness or giddiness, ringing in the ears and dull or sharp pain in the head.

Catarrhal Headache. This form is induced by the effects of chronic nasal catarrh. It is generally more severe in the morning or evening, pain over the eyes, sometimes on one side only, sometimes on both, pain on top of the head. It is relieved by steaming the head, or by applying hot fomentations to the head, or by taking catarrh snuff.

Plethoric Headache occurs in full-blooded people, and is caused by a superabundant flow of blood to the head, heart disease, etc., and is attended by pulsation in the ears, giddiness on stooping, swimming in the head, the eyes are suffused with tears. This is a dangerous form of headache, often preceding paralysis or apoplexy.

Nervous Headache. We have already described the most important form of nerv-

ous headache under the head of *hemicrania*, in the article on NEURALGIA. Another form is called

Clavus Hystericus. It generally affects females suffering with some form of uterine derangement. The pain is of a most excruciating character, being described by those who have endured it, as resembling the agony that would be produced by driving a nail into the top of the head.

There are many other minor forms of headache dependent upon and complicated with the above, and nearly all of them have been considered intractable by the old plan of treatment. But by our New Method, which aims at the discovery and removal of the cause, rather than the immediate amelioration of the symptoms, we are enabled to accomplish results that astonish the "pathy" doctors.

REPORTS OF CASES CURED.

After reading the following reports turn to the articles on CATARRH, NEURALGIA and NERVOUS DISEASES for additional complicated cases.

HEADACHE AND DESPONDENCY.

(For treatment to cure, see page 4.)

Mr. R., of Cincinnati, a gentleman aged thirty, a pressman by trade, called to see what we could do for him, having been subject to frequent headaches for five years. He was naturally of a sad, desponding disposition, lacking energy and ambition. The attacks came on with a dull, stupefying pressure in the forehead and top of the head, accompanied by occasional stitches through the eyes and temples. Mental exertion or exposure to the sun always aggravated the symptoms. He also believed that his occupation made the disease worse, as the room in which he worked was close and warm. Our treatment cured him in one month, and he has never had any recurrence of the attacks to our knowledge.

A SEVERE CASE.

(For treatment to cure, see page 4.)

Miss Emma Ryder, aged twenty-three, called on us in company with her parents, Sept., 26th, 1885. For two years previous she had been subject to occasional attacks of headache, so severe that she would be confined to her bed, and would often be forced to cry out with the intense pain, finally becoming unable to speak and almost unconscious. One month under our New Method treatment brought about a permanent cure.

A PECULIAR CASE.

(For treatment to cure, see page 4.)

Mr. E. K. Lyle consulted us and obtained treatment for a peculiar headache of four years standing. The attacks always came on in the morning about the time he awoke. He suffered with a sense of weight in the top of the head, loss of appetite and sometimes vomiting. Cured in one month.

HEADACHE CURED.

(For treatment to cure, see page 4.)

Mrs. J. H. Somers called at our office for consultation, December 25th, 1882, having

been afflicted with a most distressing headache for four years. It usually commenced when first waking in the morning, and gradually increased in severity, until toward evening it would become almost unbearable. She said the pains would sometimes be so severe that it seemed as though her forehead would burst. She also suffered with derangement of the stomach, constipation, violent thirst and a dry feeling in the mouth. During the attacks she could not bear the least noise or motion, and even coughing and sneezing aggravated her sufferings. She was cured in four months by our New Method treatment.

PERIODICAL SICK HEADACHE.

(*For treatment to cure, see page 4.*)

Mrs. Lina Williams, of Rochester, N. Y., consulted us in August, 1885, having been subject to sick headaches for six years. The attacks came on periodically about once every two weeks, and usually lasted a full day, during which she always suffered intensely. The pain came on in one side of the head, accompanied by blurred and distorted vision, and rapidly increased in severity until almost unbearable, often culminating in vomiting and faintness. She had been persuaded to come to us by her husband, and we soon saw that she had but little confidence in any kind of treatment. We finally succeeded in getting her to promise that she would follow our directions faithfully for at least one month, at the end of which we desired her to report. She came at the appointed time and acknowledged that she was much improved. We gave her another supply of the remedies and the next time she called she reported that she had not had a bad headache during the month; at the end of the third month she considered herself entirely cured.

BILIOUS AND CATARRHAL HEADACHE.

(*For treatment to cure, see page 4.*)

Mr. John Kellar, an accountant, aged thirty-eight, was frequently afflicted with a dull, boring pain over the eyes, usually most severe in the forenoon, and attended with dimness of sight, sour and bitter vomiting, palpitation of the heart and constipation. The distress was aggravated by mental exertion to such an extent that he was often obliged to leave his work until the attack was over. He consulted us in January, 1883, and after the first month's treatment felt better than he had for years before. He continued the remedies a month longer, and had not been troubled with headaches up to the last time we heard from him, which was in December, 1885.

CATARRHAL HEADACHE.

(*For treatment to cure, see page 4.*)

Mr. Wm. Jones, of Buffalo, N. Y., wrote to us in March, 1886, asking our opinion and terms of treatment in his case, which he described as follows: a boring, aching pain in the forehead and around the eyes; dizziness, dimness of sight and loss of memory; a sensation of pressure as if a weight rested against the forehead; a tired, languid and

listless feeling. After receiving a detailed history of the case we pronounced it catarrhal headache. Mr. J. did not believe our diagnosis correct, because he thought he did not have catarrh; so instead of ordering our treatment he went to another doctor, who treated him simply for the headache, which was only a symptom of the disease. Of course he received no permanent benefit, and after wasting three months in this manner, he concluded that we were right, ordered a course of our New Method treatment and was cured.

WHERE IGNORANCE IS BLISS, ETC.

(*For treatment to cure, see page 4.*)

A young Cincinnati lady, who for obvious reasons does not wish her name made public, consulted us and obtained treatment in December, 1885. She had been subject to chronic nasal catarrh for about five years, the most distressing effect of the disease being a dull frontal headache, with which she suffered more or less almost every day in the year. Some days there would be no actual pain, but a sensation of fullness and pressure in the head, and a feeling as if the skin of the forehead had been stretched. At other times there would be nausea, confusion of ideas and dizziness, followed by faintness. The young lady belonged to a prominent and wealthy family, so she had the benefit of treatment by an eminent physician who was on intimate terms with her father. Though she did not seem to improve, her parents never thought of looking elsewhere for medical aid, because they had an idea that this particular doctor knew all that is worth knowing about medicine. But the suffering patient naturally began to get discouraged, and after reading some of our treatises, expressed a desire to try our New Method Cure. Her father, who is very much prejudiced against all doctors who do not belong to a certain "pathy" combination, reprimanded her sharply for thinking of such a thing as coming to us for treatment, and ordered her never to mention the subject again. After this she suffered on for about six months, faithfully taking the eminent "pathy" doctor's medicine, but all the time getting worse instead of better. Finally she determined to suffer no longer without at least trying some other means of cure, and came to see us without the knowledge of any of her relatives or friends. We prepared a supply of remedies which she carried home and commenced taking surreptitiously, and with almost immediate evidences of improvement. The family doctor continued to furnish her medicine and prescriptions as usual, and she pretended to take them, but in the privacy of her own room destroyed them all, and took our treatment instead. In about four months she was entirely well. The eminent "pathy" doctor, so long honored by the friendship and patronage of the family, takes all the credit of the cure to himself. The young lady has refrained from undeceiving him, and at her request we shall do the same, that he may continue to enjoy the bliss of ignorance.

NERVOUS DISEASES.

THE NEW METHOD CURE FOR PARALYSIS, EPILEPSY, ST. VITUS DANCE, HYSTERIA AND DISEASES OF THE MIND.

(For treatment to cure, see page 4.)

Under the head of Nervous Diseases we shall classify all those affections arising from a diseased condition of the nerves, brain or spinal cord. The most important of these are Paralysis, Epilepsy, Spinal Irritation, Chorea or St. Vitus Dance, Hysteria and various disorders of the mind. These diseases, for the most part, are obscure in their nature and consequently beyond the scope of the ordinary physician's practice. For this reason many people consider them incurable, and they are indeed incurable to such doctors as have had neither training or experience in the treatment of such specialties. But obstacles that appear insurmountable to ignorance and incompetence are often easily overcome by the knowledge and skill that come as the result of scientific research and long practical experience.

PARALYSIS.

(For treatment to cure, see page 4.)

By the term paralysis we understand a loss of the power of muscular action. It is due to some derangement or interruption in the nervous mechanism by which voluntary motion is controlled. When the nerves of sensation as well as the nerves of motion are affected the sense of feeling is also lost, so that the affected part may be pricked with a needle without causing pain. Paralysis is therefore the effect of disease rather than the disease itself. It arises from disorders of the nerves, brain or spinal cord, and may be superinduced by a great variety of causes which will be enumerated in their proper order as we proceed. When the origin of the disease is in the brain it is called *cerebral paralysis*, when in the spine it is known as *spinal paralysis* and when it arises in the nerves it receives the name of *peripheral paralysis*. We shall therefore consider it briefly according to these three general divisions, avoiding technical terms as far as possible.

Cerebral Paralysis. The most common form of paralysis that results from brain disease is called *Hemiplegia* which means paralysis affecting one side. The lesion in the brain may be caused by an external injury such as a fall, a blow on the skull, etc., or it may result from obstruction of the blood vessels, hemorrhage into the brain, tumors and morbid growths or parasites. (See article on Worms). Sometimes the paralysis comes on gradually and in other cases it appears suddenly with an attack of apoplexy. The side of the body affected is always the one opposite to the hemisphere of the brain in which the lesion is located, thus if the brain is injured on the right side the paralysis will be on the left side and vice versa. In cases where there is loss of both motion and sensation the power of sensation usually returns in a comparatively short space of

time. The power of voluntary motion may also return partially or completely after a few months, but without skillful treatment the chances are against recovery.

Spinal Paralysis. By this term we mean any form of paralysis due to disease of the spinal cord. It may be caused by injuries to the spine, by hemorrhage or obstructions in the circulation, by tumors or other abnormal growths, by intestinal worms or by the disease known as spinal irritation. The most important forms of spinal paralysis are: Paraplegia, Infantile Paralysis, Progressive Muscular Atrophy, Shaking Palsy and Paralysis of the Tongue.

Paraplegia is that form of spinal paralysis which affects the lower limbs sometimes extending to the lower portion of the trunk. In many cases of this kind the victim loses the use of the feet and legs entirely while the upper portion of the body is comparatively strong and active.

Infantile Paralysis, also called essential paralysis, is most common among children about the time of first dentition, though it sometimes affects adults. It is caused by an inflammation of the grey matter of the spinal cord. Ordinarily, in the first stages of the disease the paralysis in general, involving both the upper and lower extremities, but it has a tendency to become permanently localized in the limbs causing club-feet and other deformities.

Wasting Palsy, or progressive muscular atrophy, is a form of paralysis that affects the muscles of certain parts of the body causing a slowly increasing weakness and gradual wasting away of the muscular fibres. In some cases there is an abnormal enlargement of the affected muscles before the process of atrophy begins. This malady arises in a slow inflammatory change involving some of the substances of the spinal cord, and unless it can be checked the victim wastes away to a mere skeleton and death usually results from some other disease induced by the weakened state of the system or from the extension of the paralysis to the heart or to the muscles of respiration.

Trembling Palsy. This form of the disease which is also called *paralysis agitans*, is characterized by trembling and involuntary motions of certain muscles, especially those of the arms, legs and neck.

Paralysis of the Tongue. When the tongue is paralyzed, the lips, larynx and other organs of speech are also affected to a greater or less extent, therefore this form is technically called *glosso-labio-laryngeal paralysis*. It comes on slowly, the first symptoms being a slight impediment of speech and difficulty in swallowing. As the disease progresses the tongue begins to waste away and the power of speech is finally lost entirely; the muscles of the face are affected so that the mouth remains open and the features become vacant and expressionless; the difficulty in swallowing also increases so that the patient is often nearly suffocated in attempting to take nourishment.

Peripheral Paralysis. This is the third

general division of paralytic affections and includes all those forms of the disease that arise from lesions of individual nerves independent of abnormal processes in the brain or spinal cord. The most important of these are facial paralysis and lead palsy.

Facial Paralysis, also known as Bell's palsy, involves the muscles of expression and the nerves of the face by which they are controlled. It usually affects only one side; thus the features become wry and distorted.

Lead Palsy results from the poisonous effects of lead on the nerves. It usually affects the muscles of the arm from the wrist to the elbow resulting in the condition known as "wrist drop," inability to raise the hand. In other cases it attacks the muscles of the legs and various other parts of the body.

EPILEPSY.

(For treatment to cure, see page 4.)

Nearly every person is acquainted, to a greater or less extent, with the distressing manifestations of this obscure disease. While apparently in good health, the victim is suddenly seized with a convulsion, loses all consciousness, falls to the ground, writhes about and froths at the mouth as if in the greatest agony, the features become violently distorted; the eyes roll wildly about or are set and staring; the veins become swollen and the skin assumes a livid hue; the hands grasp violently at whatever comes within their reach, and the teeth are gnashed together, often lacerating the tongue in a frightful manner. The paroxysm is usually followed by a lethargic sleep, and on awaking there is no consciousness of anything that occurred. In some cases the symptoms are less severe, the patient barely losing consciousness during the paroxysms, but the tendency is always toward the worst. Though the disease seldom proves directly fatal it undermines the system and affects the mind often ending in idioy.

The pagans of ancient times supposed this disease to be inflicted directly by the gods or evil spirits; and a great many modern physicians are not much better posted than the heathens in regard to its real seat and origin. We know, however, the causes that produce it. These are injuries or abnormal conditions of the brain nerves or spinal cord, which may be brought about by blows on the head, water or tumors in the brain, paralysis, loss of blood, sunstroke, a morbid condition of the intestines, caused by tape worms or other parasites, sudden fright, powerful emotions, excesses, vicious habits, the use of alcoholic liquors, etc. Some of these causes can be removed promptly, but others are extremely obstinate. This accounts for the great difference in the length of time required to cure different cases of epilepsy.

ST. VITUS' DANCE.

(For treatment to cure, see page 4.)

St. Vitus' dance (chorea) is a nervous affection exhibited by involuntary twitching of the voluntary muscles. The muscles of the face are usually first affected, but as the dis-

ease progresses the contortions extend to the neck and the extremities. Sometimes the head is kept constantly moving up and down, or from side to side, and the hands cannot be kept quiet. The convulsions are accompanied by an idiotic look, and the mind soon becomes affected. The disease is usually due to mental depression and nervous prostration, the result of enervating habits and imperfect nutrition. The causes are often obscure and difficult to discover, but they must be found before successful treatment can be given, consequently the experienced doctor only, is qualified to treat this disease.

HYSTERIA.

(For treatment to cure, see page 4.)

This complaint assumes so many different forms, and presents such a variety of symptoms that we cannot devote the space necessary for a detailed description, nor is it necessary. We only wish to say that hysteria is a real disease, involving abnormal conditions of the nervous system, and not an imaginary ailment, as many suppose. Being obscure in its origin, knowledge and skill are all the more necessary in treatment, and those doctors who are so ignorant as to believe that it exists entirely in the imagination, and recommend harsh remedies, do not deserve the confidence of any afflicted person, and should not be allowed to approach a case of this kind. In all nervous diseases we administer mild and careful treatment, taking into consideration all physical, mental and moral causes and conditions.

NERVOUS DEBILITY.

(For treatment to cure, see page 4.)

That shattered condition of the nervous system resulting from vicious habits, overwork and dissipation, is treated fully in the second and third parts of this work. Part II being intended for the instruction of gentlemen and Part III for ladies. These are published in condensed form and will be mailed sealed on receipt of a two-cent stamp.

SPINAL IRRITATION.

(For treatment to cure, see page 4.)

There is considerable difference of opinion among so-called medical authorities in regard to this term, but we use it here in its widest sense as covering the most important of the chronic maladies to which the spine is subject. It may be caused by *spinal anaemia*, deficiency of blood in the spinal circulation, by *hyperaemia*, excess of blood, or by other obscure lesions. The most important symptoms are: pain and discomfort in the back; sore sensitive spots along the spine; weariness and exhaustion; dizziness, numbness and tingling sensations. These indications should have prompt attention as they often end in paralysis.

REPORTS OF CASES CURED.

After reading the following reports, compare the articles on NEURALGIA, HEADACHE, WORMS, etc.

PARALYSIS OF THE RIGHT SIDE.

(For treatment to cure, see page 4.)

Mr. D. C. Jones wrote to us in June, 1882, and about three weeks later was brought to our office for a personal consultation. He was paralyzed in the right side so that he could neither walk nor use his right arm. His disease was brought on by a fall, and aggravated by exposure. When he commenced our treatment he had not done any work, or walked a step without support for more than two years. His case was very bad, but he improved slowly and surely, and persevered in the use of the remedies until finally, after a long course of treatment he was cured, and able once more to attend to his business.

PARALYSIS OF THE LOWER LIMBS.

(For treatment to cure, see page 4.)

Mr. Henry C. Atwater was paralyzed in the lower limbs to such an extent that he could only walk with the aid of crutches. He had been declared incurable, but at the urgent request of friends came to us for treatment. At the end of the first month he felt so much improved that he was encouraged to continue, and after six months his limbs were restored to their natural condition, and he enjoyed good health up to the time we last heard from him—Sept., 1886.

PARALYSIS OF THE LEG.

(For treatment to cure, see page 4.)

A gentleman, aged forty-five, consulted us in September, 1885, being paralyzed in the left leg and foot. In his case the disease came on very gradually. He first noticed that the front part of the sole of his left boot was wearing away much faster than any other part; a little later he became conscious that he was dragging his left foot in walking; after a few weeks there appeared a lame, numb feeling, which gradually extended up to the knee, and finally got so bad that he could not walk at all with any comfort. The disease was still progressing when he consulted us, and he feared it would soon involve the upper part of the body. The first month's treatment did nothing more than check the upward progress, but before the end of the second month, improvement was perceptible, and in due time the limb was restored to its normal condition.

EPILEPSY OF TEN YEARS' STANDING.

(For treatment to cure, see page 4.)

Mrs. Mary Decker, aged thirty-four, came under our care in the spring of 1884, after having suffered for ten years with epileptic convulsions. The fits usually came on about once in two weeks, and though she had premonitory symptoms that warned her of their approach, she could not do anything or find any remedy that would prevent them. After commencing the New Method treatment she had but one attack the first month, and one the next two months. After that they ceased entirely.

FALLING FITS CURED.

(For treatment to cure, see page 4.)

A young man, aged twenty-three, consult-

ed us in company with his brother, in August, 1884. He had been subject to epileptic fits from childhood, and his parents had been told that they would disappear as he grew older, but they became more frequent and severe instead. Though he was comparatively strong and healthy, he could not go abroad alone for fear of falling suddenly in some dangerous place. On one occasion he fell into the water and would have drowned if friends had not fortunately been at hand to rescue him. The convulsions in his case came on suddenly and without warning. He would go into convulsions and lose consciousness entirely. After he had taken the New Method treatment two months, the fits occurred at longer intervals, and at the end of a year he was entirely cured.

AN EXTREME CASE CURED.

(For treatment to cure, see page 4.)

October 10th, 1885, we were called to make an examination in the case of Mrs. Ellen McSweeney, of 327 Lee St., Louisville, Ky. This lady, who is totally and incurably blind, had suffered with a most aggravated case of epilepsy for five years. She had been treated by many doctors, and for some time had been a hospital patient. We found her confined to her bed, with several attendants about her. She was unable to stand on her feet, and suffered from five to fifteen convulsions every day. While at the hospital and under the treatment of other doctors she had taken immense quantities of bromide of potash, which on account of derangement of the stomach and liver, did her more harm than good. All who knew her at the time to which we refer, will acknowledge that her condition was apparently hopeless, yet by the New Method treatment she was out of bed in twenty days, and completely cured in less than three months. At this writing, nearly three years from the time we treated her, she has had no recurrence of the attacks.

CHOREA CURED.

(For treatment to cure, see page 4.)

In April, 1885, Mrs. Means, of Detroit, called at our office with her daughter, aged sixteen, who had been suffering three months with chorea, or St. Vitus' dance. It began with a slight twitching of the muscles of the face, and jerking of the right arm. Soon the whole body became affected, so that she could not keep still for a moment. At last it became so bad that she could scarcely speak. Her face was flushed, head dizzy, and she was constantly in a restless and uneasy condition, so she could not sleep day or night. As a result of all this she began to lose her appetite, becoming weak and sickly. The first month under the New Method treatment made a marked improvement in her condition, and at the end of four months all traces of the disease had disappeared.

ST. VITUS' DANCE CURED.

(For treatment to cure, see page 4.)

Mr. A. C. Hope, of Nashville, Tenn., came to our office with his son, aged eleven years, who had been a great sufferer with St. Vitus'

dance for about fourteen months. The disease began to affect his mind, and his parents feared that he would soon be a hopeless idiot. Three months under our New Method treatment cured him. When we saw him, two years later, he was strong and healthy and well developed, both in body and mind, for his age.

ANOTHER CASE.

(For treatment to cure, see page 4.)

In the fall of 1882, Mrs. Belle Treaman, aged thirty, consulted us in regard to treatment for St. Vitus dance, with which she had suffered for two years. All the usual remedies had failed to modify the severity of the disease in the least. Her husband finally determined to take her to a noted specialist in nervous diseases in the east, but while on the journey they met an old-time friend who advised them to come to us. They came and the lady was cured in four months by our New Method treatment.

EPILEPSY CAUSED BY WORMS.

(For treatment to cure, see page 4.)

Mr. and Mrs. John Waymuth, came to us in June, 1885, with their little boy aged ten, who had been affected with epileptic convulsions for two years and was constantly getting worse. They were very much distressed on the child's account and had taken him to a medical college professor who said the fits were caused by pressure of the skull on a certain portion of the brain, and proposed to trephine the skull. The parents took time to consider the matter before subjecting the boy to such a dangerous operation, and fortunately before their next appointment with the professor, a friend referred them to us. We made a careful investigation of the case in all its circumstances and history and found that the fits were caused by intestinal worms. We soon removed the parasites and the child was well. If the operation of trephining had been performed on this boy his life would have been endangered to no purpose.

ANOTHER MISTAKE.

(For treatment to cure, see page 4.)

A boy fifteen years of age, was brought to us by his parents after having been subject to epileptic fits for one year. His mind was considerably affected and it seemed that he was fast approaching idiocy. In this case also the other doctors had recommended an operation on the skull, but we soon discovered that the disease had been brought on by the habit of masturbation. (See Part II of this book). We informed the parents of his condition and gave them remedies and instructions which in due time brought about a cure. The boy in a few years became comparatively strong in body and mind but another year or two of delay or improper treatment would have made him a hopeless idiot.

CURED QUICKLY.

(For treatment to cure, see page 4.)

Miss R——, aged twenty, was suddenly taken with a severe epileptic convulsion in

May, 1884. About two months later she was seized with another, still more severe, and after that they came on at intervals of from two to four weeks. As she had previously enjoyed good health the family physician could not understand the cause of the convulsions and was unable to do anything to alleviate the attacks. We inquired carefully into her condition and gave her medicine that cured her at once, as she has not had a fit since taking the first dose.

EPILEPSY CAUSED BY BAD HABITS

(For treatment to cure, see page 4.)

Mr. W——, of Youngstown, O. wrote to us in the fall of 1883, inquiring about treatment for nervous debility and loss of vigor, the result of improper habits. We learned from his account of himself that his condition was serious and that the malady was affecting his mind as well as his body. We therefore advised him strongly to secure treatment at once, but some of his friends induced him to try some other doctor and we heard nothing more from him till July, 1885, when he wrote asking us to send our New Method treatment immediately if we thought it would do him any good. He was then in a far worse condition every way than when he first wrote to us, and besides the effect of the disease on his nerves and brain had induced epileptic fits with which he was attacked every few weeks. We informed him that we would do all in our power, but in view of his desperate condition could not hold out any definite hope of a cure. He was under our treatment for a year from that time and when he discontinued the fits had entirely disappeared and his general health was better than it had been for years.

PARALYSIS OF THE ARM.

(For treatment to cure, see page 4.)

Mrs. Caroline Kurtz, of St. Louis, Mo., called on us in December 1883, having been paralyzed in the right arm for one year. For several years previous she had been troubled with wandering rheumatic pains which finally settled in the arm and ended by drawing it against the chest with the fingers bent and almost immovable. Though the power of motion was lost, sensibility remained acute and the least pressure or attempt to change the position of the affected member caused pain. Our New Method treatment cured and restored the use of the arm in two months.

SPINAL IRRITATION CURED.

(For treatment to cure, see page 4.)

Mrs. Eva Schneider, aged twenty-four, consulted us in company with her husband, in June, 1886. For a long time she had suffered with dizziness and sick headache on arising in the morning. After a time there came a feeling of stiffness in the muscles of the neck, followed by pain in the lower part of the spine, trembling of the limbs, palpitation of the heart, a sense of oppression in the chest, numb paralyzed feeling in the right side and great weakness. A Chicago doctor of considerable reputation pronounced the disease spinal irritation but failed to do the

patient any good; in fact, during the three months she was under his treatment she lost fifteen pounds in weight and was worse in every way when she stopped than when she commenced. Under our New Method treatment the disease was brought to a standstill in one month and cured entirely in six months.

PARAPLEGIA CURED.

(For treatment to cure, see page 4.)

June 14th, 1885, Mr. August Kuhn, of Albany, N. Y., came under our treatment for paraplegia, or paralysis of the lower limbs. About six months before he partially lost the use of his legs and the disability kept increasing till he was barely able to walk with the aid of crutches. By the scientific application of galvanism in connection with appropriate medicinal treatment, a cure was effected in four months.

SHAKING PALSY.

(For treatment to cure, see page 4.)

Mr. S—, aged forty, became affected with shaking palsy, *paralysis agitans*, through exposure and the excessive use of alcoholic liquors. His hands trembled so violently that he could not use a pen, a spoon or a knife and fork. He had been under treatment three months before coming to us but received no benefit. We told him that we could cure him if he would follow our instructions, otherwise we did not wish to treat him. He promised to take the remedies according to our instructions and to conduct himself otherwise in whatever manner we should advise for a reasonable length of time. Under these circumstances we soon had the disease under control and in three months his hands were as steady as ever.

FACTS FOR THE AFFLICTED.

We are aware that the "pathy" doctors generally believe epileptic fits to be incurable, and the afflicted often ask us if such cases can be cured. We answer, yes. Ninety cases of epilepsy out of every hundred are curable under our treatment, and we have never failed to cure a case of fits when we treated the patient free of charge, as we have often done to prove the correctness of our theory. But it takes a long time, and our treatment is expensive, and only relieves as it cures, therefore people often become impatient and discouraged, and do not wish to pay any more until cured. They have also been used to treatment which gives present relief, and such treatment will never cure. It is true that we sometimes succeed in curing this disease in a few weeks, in fact we have had cases where the fits never recurred after our New Method treatment was commenced, but these are exceptions and we do not advise any one to expect a rapid cure. To all those afflicted with fits we say: if you are willing to stand the expense, to be patient and use the remedies as we direct, we will cure you. If you are not willing to do this, it is useless to begin treatment.

The following case clearly illustrates the value of this advice. In June, 1882, Mr. Chas. Rawson, aged twenty-three, consulted us

having been afflicted with epilepsy from the time he was ten years old. He came through the recommendation of a gentleman, whose daughter we had cured of fits in one month. We saw that the young man was elated on account of what had been told him and expected a prompt cure. We informed him that unless he could give up such ideas he had better not commence, because his case was altogether different from the one of which he had heard and would probably require a long tedious course of treatment. He was disappointed, but decided to begin at once as it was the only hope he had. He remained under our treatment almost three years, and many times was almost discouraged at the slow progress he was making, but there was always enough improvement to induce him to continue, and a complete cure was finally accomplished.

CURED IN FIVE MONTHS.

(For treatment to cure, see page 4.)

Bertie Sanford, aged eleven, had been subject to epileptic fits for two years. The attacks usually occurred between three and seven o'clock in the morning, and nearly always without any warning symptoms. During the paroxysms he struggled violently, his breathing became partially stopped, his hands clenched and his face livid. The convulsions lasted about ten minutes, and at first occurred only about once in two months, but they became more frequent, until they recurred almost every week. After the fit he would fall into a deep sleep, from which he would awake in two or three hours, never remembering anything that took place while the paroxysm was upon him. He was under our New Method treatment five months and was permanently cured.

PARALYSIS CURED.

(For treatment to cure, see page 4.)

Mrs. Warren, aged forty-five, had been partially paralyzed for three years. The fingers of her left hand were numb and dead; there was a burning, stinging feeling in the arm and shoulders; a dead stinging pain in the tongue, so that she could not speak distinctly. Sometimes she would be dizzy and all her limbs would feel numb. She had doctored almost constantly since the first symptoms of the disease appeared, but failed to find anything to check it. It steadily extended to her arms and legs, and she felt that unless help was soon found she would be hopelessly paralyzed. In this condition she consulted us and found the cure which she had vainly sought elsewhere. She steadily improved from the time she commenced taking the remedies, and after six months' treatment she was as well as ever.

PARALYSIS OF THE OPTIC NERVE.

(For treatment to cure, see page 4.)

Mr. C. W. Faley, of St. Paul, Minn., a gentleman aged forty-five, consulted us in June, 1883, on his way to the sea shore. Two years previous he had an attack of paralysis of the optic nerve of the right eye. When it first came on he could see one half of any object

he looked at, but in time it produced total blindness. He thought the sight of the eye was permanently lost, and when after a careful examination we told him there was a possibility of restoring it he became greatly excited. He was under our New Method treatment just two months and at the end of that time his eye was as good as ever.

PARALYSIS OF THE TONGUE.

(*For treatment to cure, see page 4.*)

June 13th, 1884, Mr. James Henry consulted us in regard to an unaccountable impediment in his speech and a slight difficulty in swallowing. He was surprised when we told him that the disease was incipient paralysis of the tongue, and could not be induced to credit our statement. Consequently he went to another doctor for two months, at the end of that time he came back to us much worse than before, and said he believed our diagnosis was correct. We took charge of him but the disease was too far advanced to admit of rapid improvement, and after taking our treatment one month Mr. H. was almost discouraged. However he did not give up, and before another month passed was gratified to know that he was considerably better. By persistent use of the remedies for eight months a cure was effected.

WASTING PALSY CURED.

(*For treatment to cure, see page 4.*)

Mrs. Myra Wedon ordered treatment by mail in the fall of 1884, describing her case as a wasting of the left limb. We wrote asking some special questions in regard to the history of the disease, and on receiving her reply, containing a detailed statement, we diagnosed the case as wasting palsy, or as it is known in medical parlance, progressive muscular atrophy. The appropriate remedies were carefully prepared and forwarded and at the end of the month Mrs. W. wrote that she *thought* she was better, and ordered another month's treatment. Before the end of the second month she wrote that she *believed* she was *improving*, and at the end of the third month she stated that she *knew* she was getting better. The treatment was continued all that winter, and about the first of April we were gratified to hear that she considered herself entirely cured.

EPILEPSY AND HYSTERIA.

(*For treatment to cure, see page 4.*)

Mrs. A. A. Hatch wrote to us for treatment for her daughter, aged nineteen, who was afflicted with attacks of hysteria, and epileptic convulsions. She also suffered with severe headaches and painful menstruation, and had not enjoyed a day of good health for over a year. We treated her three months and had the satisfaction of seeing her perfectly well and happy about a year later.

HYSTERIA CURED.

(*For treatment to cure, see page 4.*)

Mrs. Mary B., a married lady aged thirty, consulted us in company with her husband to inquire if we could do anything for cer-

tain unaccountable "spells" with which she was frequently attacked. Sometimes she would have a suffocating feeling with a sensation as of a lump rising in the throat; at other times she would stand motionless like a statue for several moments, not being able to move; again she would laugh and cry alternately and say and do things which she would not remember when the attack was over. We treated her by the mild and sensible New Method for about five months, and when we saw her husband a year later, he informed us that she was permanently cured.

A WITHERED ARM.

(*For treatment to cure, see page 4.*)

Mr. J. Ulrich, a young man aged eighteen, came to us with his left arm paralyzed and wasted until it was useless. He could not raise it or grasp anything with the fingers. This had been pronounced a hopeless case of paralysis by several doctors of high standing in the profession, but after making careful tests with galvanism, faradism, etc., we told the young man there was still a possibility of a cure. He was under our New Method treatment six months in all, and when he discontinued he could use his arm as well as ever.

A SEVERE CASE OF CHOREA.

(*For treatment to cure, see page 4.*)

Mrs. Weir, of St. Louis, a widow aged fifty, was attacked with a severe form of chorea, just after recovering from a prostrating fever. She could not keep still a moment, her hands, feet and head being constantly in motion. The disease was fast wearing away her strength, and it was evident that she could not endure it long. Our New Method treatment so mitigated her condition that she rested well the first night, and improved rapidly until completely cured. We saw her three years later and she was in good health.

CATALEPSY.

(*For treatment to cure see page 4.*)

Catalepsy is a loss of the power of voluntary motion, which suddenly affects all parts of the body, causing the patient to stand like a statue in the exact position in which the attack finds him. At first the limbs are rigid, but after a few moments they become flexible and will remain in any position in which they may be placed. Sometimes the victim is entirely unconscious and insensible, but in other cases, sees and hears without being able to move or speak. When the attack is over there is usually no consciousness of any thing that happened. This disease is often complicated with hysteria.

CATALEPSY CURED.

(*For treatment to cure, see page 4.*)

Mr. E., of Evansville, Ind., a gentleman aged thirty-two, had been subject to attacks of catalepsy for sixteen years. He was also weak and dyspeptic, and had very poor health generally. We treated him four months, and not only stopped the fits but so improved his health that he appeared like a different person.

DISEASES OF THE SKIN.

CHARACTERISTICS OF THE VARIOUS FORMS.
THE REASON WHY SO MANY DOCTORS FAIL IN THE TREATMENT OF SKIN DISEASES.

(For treatment to cure, see page 4.)

As there are about two hundred varieties of skin disease it would be impracticable to give even a passing notice to each particular form in a popular work. For convenience, therefore, we group them all in eight general classes, viz.: *Glandular, Inflammatory, hemorrhagic, hypertrophic, atrophic, neoplastic neurotic and parasitic*. The following are the leading forms and characteristics of each class:

Glandular Affections. In this class are included all diseases of the skin which have their seat in the sebaceous glands. The most common forms are comedones (also known as black heads, pin heads, etc.) and acne. They are most common between the ages of fifteen and thirty and are exceedingly annoying and obstinate, often disfiguring the face for years.

Inflammatory Affections. There are over forty different varieties of skin disease in this class alone, which includes all cases involving inflammatory action. Among the most important may be mentioned, eczema or salt rheum, erysipelas, urticaria or nettle-rash, psoriasis, pustules, boils, carbuncles and many other affections arising from a disordered state of the blood as well as of the skin itself. See article on THE BLOOD AND SKIN.

Hemorrhagic Affections. These consist of diseases involving the circulation and blood vessels of the skin. Most cases are characterized by red or purplish spots, caused by extravasation of blood. One of the affections of this class, called purpura hemorrhagica, is sometimes confounded with smallpox by ignorant doctors.

Hypertrophic Affections. To this class belong all those derangements marked by abnormal enlargement and thickening of the skin or subcutaneous tissues. One of the most remarkable forms is called elephantiasis, on account of the enormous proportions sometimes attained by the affected parts. The monstrous feet and limbs of the "big-footed" human curiosities seen at shows and museums are the result of this disease.

Atrophic Affections. These are the opposite of the preceding class, and include all those diseases characterized by a wasting or shrinking of the cutaneous or subcutaneous tissues.

Neoplastic Affections. The most serious of all the disorders of the skin belong to this class, as it includes tumors and other morbid growths, lupus, epithelial cancer, sarcoma and other deep-seated, obstinate, and even dangerous diseases. See article on THE BLOOD AND SKIN.

Neurotic Affections. Diseases affecting the peripheral nerves. They are characterized by intense itching, called *pruritis*; by

pain in the skin, called *dermatalgia*; by want of sensibility, called *anesthesia*; or, by oversensibility, called *hyperesthesia*.

Parasitic Affections. Any disease of the skin caused by parasites is peculiarly annoying, because, in addition to being a constant source of irritation, it is liable to be communicated to others. The most common diseases of this class are: *scabies*, usually known as the itch, caused by an animal parasite, and *trichophytosis*, caused by a vegetable parasite.

It is in the treatment of skin diseases that many doctors make their most humiliating failures, and when we carefully consider the subject we need not be surprised at their want of success, for we can readily see that they fall through lack of experience and because they have not conducted their researches in such a way as to arrive at the true nature, causes and cure of these irritating disorders. Very often, after several "eminent" physicians have treated a case unsuccessfully and pronounced it hopeless, it passes into the hands of some one who has made a practical and scientific study of such diseases, and is effectually cured. As we have already shown, there are numerous types of skin diseases of great diversity of character, and it often happens that cases arising from altogether different causes present symptoms so similar in appearance as to totally deceive inexperienced observers. The ability of the physician to discriminate with precision between different varieties, forms and complications, is therefore the first qualification for successful practice in this line. It is a qualification difficult to acquire, and consequently one which few possess; yet without it no doctor can reasonably hope to treat skin diseases with any degree of satisfaction either to himself or to his patients.

Differential Characteristics. In diagnosing skin diseases, the following special characteristics should be carefully considered: First, it should be determined whether the disease is a local affection of the epidermis or a constitutional taint in the blood; second, whether it is *in* the skin or *on* the skin or *under* the skin; third, whether it *itches* or *burns*; fourth, whether it is *scaly*, *vesicular* or *parasitic*. If the affection is found to be parasitic, it must be determined whether it is caused by an animal or by a vegetable parasite. When all this is accomplished there are numerous other questions in regard to the nature and causes of the affection which must be definitely settled before the physician can proceed intelligently in the administration of remedies. Many people (doctors especially) wonder how it is that we can cure obstinate blood and skin diseases that have refused to yield to the skill of other noted members of the profession, and some will not believe that we do cure such cases till convinced by their own senses; yet there is nothing incredible in these cures. The whole secret of our success is summed up in the foregoing observations. We first know exactly what a disease is be-

fore we attempt to treat it. Our vast experience and superior facilities enable us to discover the true nature of obscure cases and to analyze their various complications with critical precision. After the diagnosis has been completed we know how to apply remedies that will be effectual. Nobody should long submit to the pain, annoyance and danger of blood and skin diseases. Even those who have made repeated and unavailing efforts to get relief should not despair until they have tried our New Method treatment.

REPORTS OF CASES CURED.

After reading the following reports of cases, compare the articles on DISEASES OF THE BLOOD, THE BLOOD AND SKIN, AND CANCER.

AFTER MANY DISAPPOINTMENTS.

(For treatment to cure, see page 4.)

Mr. B. T. J. consulted us in March, 1885, in regard to a very painful and disfiguring skin disease, which he had tried in vain to rid himself of for many years. Two or three times he succeeded in getting a little temporary relief, but the eruptions soon came out again as bad as before. When he had exhausted the skill of all his home doctors, he went to Hot Springs, Ark., and spent six months there without any benefit. He was just on his way home from this resort when he met a friend who advised him to come to us. At first he said he had fully decided to stop taking medicine entirely, but was finally induced to stop and see us at least. After investigating our facilities he decided to try a three-months' course of the New Method treatment. When the term had expired he wrote for another supply, saying he was so much improved that he expected another three months would cure him. In June, 1886, he wrote that he had been entirely free from the disease for over six months.

ITCHING SKIN DISEASE.

(For treatment to cure, see page 4.)

Mr. C. A. Bajanus, aged fifty-one, had a troublesome itching of the body and limbs of nearly three years' duration. It first appeared in the form of small elevated spots on the wrists, which gradually extended to other parts of the body, and caused a most annoying itching, which, on getting warm at work or in bed, became almost intolerable. For six months before he consulted us he had not enjoyed one good night's rest. On going to bed he would fall asleep, but in about half an hour would be awakened by the terrible itching, and would have to get up and walk the floor till the sheets were cool again. He was perfectly cured in two months by our New Method treatment.

SCALY SKIN DISEASE.

(For treatment to cure, see page 4.)

Clara Dines, a little girl aged eleven, who had been pronounced incurable, was brought to us for treatment. Her head was covered with a dry, scurfy eruption, her eyes were sore and inflamed and discharged purulent matter which glued the lids together at

night. She had been treated fourteen months by other doctors, who shaved her head close and experimented on her with nearly a dozen different kinds of remedies, but finally gave up the case and owned that it was beyond their skill. Under our New Method treatment the child rapidly recovered, and was perfectly cured in two months.

BURNING SKIN DISEASE.

(For treatment to cure, see page 4.)

Mrs. L. had eruptions of the skin which commenced near the knees, ankles and elbows in the form of irregular circular patches of a grayish white color, and raised considerably above the surrounding skin, varying in size from a quarter of an inch to an inch and a half in diameter. At night the itching and burning were almost intolerable. After two well known doctors had failed to help her, the case was put in our hands and cured.

ERYSIPELAS CURED.

(For treatment to cure, see page 4.)

In January, 1883, we were called to see Mrs. T. A. Durkee, who was confined to her bed with erysipelas. Her face was badly swollen, especially below the eyes, and she complained of headaches, loss of appetite and fever. The disease had reached an alarming stage before her husband called on us, and her friends thought she would die, but our New Method treatment proved so effectual that in a few days she was out of bed, and a month later called at our office in good health.

ITCHING AND IRRITATION.

(For treatment to cure, see page 4.)

Mr. George Swain came to us in July, 1882, suffering with eczema of the face, scalp and hands. The affected parts felt hide-bound, as if the white of an egg had dried on the surface. The skin was dry and the nails brittle. Upon getting warm in bed the itching became almost intolerable. He had been in this condition for a year, and the continued irritation and loss of sleep were beginning to affect his general health. After he had been under our New Method treatment one week he could sleep comfortably, and at the end of two months the disease was completely eradicated.

ECZEMA OF THE BEARD.

(For treatment to cure, see page 4.)

Mr. E. B——, aged thirty-six, consulted us in regard to eczema of the beard, which had been a terrible annoyance to him for a year and a half. He could not have his face shaved, as the whole hairy portion was matted with yellowish, blood-stained crusts, caused by the continual exudation of matter. It finally got so bad that he disposed of his business and went to a distant city, where he placed himself in the hands of the best doctors he could find, thinking they would be able to cure him if he remained constantly under their care. But he was disappointed, and at the end of six months, being worse instead of better, he was almost in despair. It was then that one of our papers

accidentally fell into his hands and inspired him with renewed hope. In less than three days he was under our treatment, and in a month was greatly improved. At the end of five months he was entirely cured.

COMEDONES.

(For treatment to cure, see page 4.)

In March, 1886, Mr. George Long, of Louisville, Ky., consulted us in regard to a cure for "black heads." His nose, cheeks and forehead were covered with the disfiguring black specks, and his skin had a greasy, doughy appearance. He was greatly annoyed and worried, as he had been in this condition five years and had never been able to get treatment that would do him any good. In about a month, under our New Method treatment, his skin was clear and smooth.

COMEDONES AND ACNE.

(For treatment to cure, see page 4.)

A young man, aged twenty-six, consulted us in April, 1885, after having spent over five hundred dollars for treatment for a very bad case of comedones and acne. His cheeks were flushed, and the disease was irritating and painful as well as disfiguring. The applications that various doctors had made in trying to cure him only aggravated his symptoms. Our New Method treatment relieved him in a few days and ended in a complete cure during the third month.

CURED AT HOME.

(For treatment to cure, see page 4.)

Mr. L., a wealthy German Jew of Cincinnati, had suffered for years with an irritating and disfiguring skin disease, was treated by the most noted physicians in Cincinnati, and failing to be cured, he went to the Fatherland and was treated by noted dermatologists of Germany and France, spent one year at the various mineral springs, as ordered by his physicians, but returned to Cincinnati in the spring of 1883 worse than ever. By the advice of the Rabbi of his Synagogue, he applied to us, took the New Method treatment, was cured in nine months and two years later there had been no recurrence of the itching or eruptions.

SKIN DISEASE AFFECTING THE EYES.

(For treatment to cure, see page 4.)

Mr. John Rankin, of Atlanta, Ga., wrote to us in December, 1882, in regard to eruptions on the face of seven years' standing. The disease had commenced with a few pimples, which gradually spread, and when he first consulted us, covered nearly all of the right side of his face. The affected part was covered with yellow crusts and the eyelids were much inflamed. Under our New Method treatment he was cured in two months, although he had doctored for several years before without benefit.

ECZEMA (SALT RHEUM).

(For treatment to cure, see page 4.)

Mrs. John Troeger, of Clifton, O., had eczema for four or five years. Her hands were covered with the eruption, which caused a painful itching. The surface was cracked and bleeding, and a yellow watery substance exuded. She wishes to state to the

public that our New Method treatment cured her in one month.

TWO DIFFERENT CASES.

(For treatment to cure, see page 4.)

In January, 1883, Mr. Brown consulted us in regard to a very distressing skin disease of eight years' standing. We cured him, and his neighbor, Mr. Mansfield, wrote to us asking for some of the same medicine. We told him that we could not give him medicine without knowing the character of his disease. He then wrote us the symptoms and a history of his case, and we sent treatment that cured him; but it was altogether different treatment from what we gave Mr. Brown. If it had not been different it would have done him no good, for while his trouble appeared to him very much like Mr. Brown's it was entirely different in its character and origin. Only a skillful specialist can prescribe intelligently for diseases of the skin, and the best mineral waters and patent medicines are only adapted to a small proportion of cases.

PSORIASIS CURED.

(For treatment to cure, see page 4.)

Mr. E. R. Hummel came under our treatment in March, 1886, having had the skin disease known as psoriasis for about five years. It first appeared in the form of small circular patches of red and thickened skin covered with yellowish-white scales. These patches increased in size till some of them were as large as silver dollars. He then commenced to take various kinds of medicine, but the disease continued to spread, and when we first examined him large portions of his body were entirely covered with the eruptions, while the remainder was dotted with circular patches from the size of a dime to that of a small saucer. He was under our treatment nearly a year, and was radically cured.

A YOUNG LADY MADE HAPPY.

(For treatment to cure, see page 4.)

Miss Minnie R——, of Rochester, N. Y., a young lady aged nineteen, consulted us in February, 1885. For three years previous her life had been made extremely unhappy by a disfiguring skin disease which marred an otherwise beautiful face. Her parents had spent money liberally for treatment, but meeting with no success, they finally came to the conclusion that all further effort would be useless, and the only hope they had for their daughter was that the disease might disappear of itself as she grew older. When we first saw her she had not taken any treatment for six months, and the eruptions on her face were getting worse. Her father was not in favor of letting any one "doctor" her any more, but was finally persuaded to try our New Method treatment for one month. Before two weeks had expired there was such a marked improvement that there could be no doubt in regard to the success of the treatment. The young lady was cured in due time. When we last saw her, March, 1886, her complexion was clear and beautiful, and she said she was the happiest girl in Rochester.

DISEASES OF THE BLOOD.

(For treatment to cure, see page 4.)

The most important essential diseases of the blood are either *scrofulous*, *cancerous* or *syphilitic*, and nearly every obstinate, deep-seated progressive malady involving a diseased condition of the blood, will be found on close investigation to belong to one or the other of these three classes.

Scrofulous Blood Diseases. We have described the general character and manifestations of scrofula in a previous article (see page 69). It is commonly known as a blood disease when it exhibits itself in eruptions on the skin, sores, ulcers, etc.

Cancerous Blood Diseases. Many medical professors teach that cancer is a local disease, caused by injuries, irritation, decaying teeth, smoking clay pipes, etc. This is a great mistake. If smoking a clay pipe would cause cancer, a greater percentage of smokers would be affected, and if decaying teeth would cause the terrible disease, who would be exempt? The fact is that the malady has its seat and origin in the blood, and the injuries, irritations, smoking, etc., from which the cancer is often supposed to result are only *exciting* causes which tend to bring the disease out and aggravate it. A cancerous condition of the blood may exist for a long time before the disease breaks out in a malignant form, and all indications pointing to such a condition should have the attention of an experienced physician, as it is easier to check the disease in the early stages than after it develops the cancerous sore. See article on **CANCER**.

Syphilitic Blood Diseases. The vitiated condition of the blood induced by constitutional syphilis is one of the most obstinate diseases with which any physician has to contend. It is not difficult to suppress the loathsome symptoms for a time, but they will break out again, perhaps in a few months, or it may be years afterward. Our scientific New Method treatment is the only means of accomplishing a radical cure. Those who desire further information should send for our special treatise on this subject.

Other Blood Diseases. There are many other derangements of the blood, but they are for the most part the symptoms or consequences of other maladies, rather than essential and primary diseases. Among these may be mentioned:

Cyanosis, a disturbance in the transformation of venous into arterial blood, resulting in a decreased absorption of oxygen. See article on **THE LUNGS**. Coldness of the extremities, muscular and nervous depression and bluishness of the face and lips are among the first noticeable symptoms. It is caused by derangements of respiration or circulation.

Anæmia means a deficiency in the quantity of the blood. It is characterized by paleness of the skin and mucous membranes; emaciation and weakness; dropsical effusions; wasting away of the tissues, and sometimes peculiar humming or murmuring

sounds over the jugular veins and in the region of the heart. Anæmia may result from diseases of the heart, lungs or kidneys; malaria, diarrhoea, dysentery, etc.; profuse menstruation or losses of semen; malignant growths, ulcers or abscesses; intestinal parasites; poor or insufficient diet; want of light, air or exercise, and many other causes.

Plethora is the opposite of anæmia, and signifies an excessive quantity of blood. It is characterized by fulness of the veins and arteries. Sometimes there is abnormal redness, and in other cases unusual paleness with sudden changes of color. It may be caused by stimulating food, alcoholic drinks, etc. The worst consequences occur when there is an afflux of the surplus blood to the head, causing apoplexy.

Scurvy was once a much dreaded disease, but it is now comparatively rare, except in time of famine. It is evidently caused by want of fresh food or dampness and bad ventilation. The general symptoms are: great debility; low spirits; pains in the legs, afterwards extending all over the body; eruptions and fetid ulcers; ichorous, bloody discharges from the bowels; swelling of the bones and hardening of the tissues.

Chlorosis, sometimes called green sickness, a disease peculiar to girls and young women, is due to the diminution of the red coloring matter of the blood. The characteristic symptoms are: pale, waxy, greenish or yellowish appearance of the skin; dark circles about the eyes; coldness of the extremities; feeble pulse; palpitation of the heart; headaches, nervousness and debility; abnormal appetite, craving sour and indigestible articles; despondent melancholy disposition, bad dreams, etc.

REPORTS OF CASES CURED.

In addition to the following reports, read the articles on **THE SKIN, THE BLOOD AND SKIN, CANCER AND SCROFULA**.

SCROFULOUS BLOOD DISEASE.

(For treatment to cure, see page 4.)

Mrs. R. M——, of Cincinnati, a lady aged thirty-four, had been troubled nearly all her life with a scrofulous blood disease. She was hardly ever free from eruptions or swollen glands, and had never found any medicine that would do her any good. Under our New Method treatment she was cured in three months.

FOOLISH EXPERIMENTS.

(For treatment to cure, see page 4.)

Mr. Chas. D——, of Cincinnati, a young man aged twenty-eight, consulted us in June, 1882, in regard to a disease of the blood, which he had been trying to get cured for two years. He then had several ugly sores on various parts of his body, and his face was covered with copper-colored pimples. We told him that we could cure him, but it would take time—perhaps a year. This was not satisfactory to him, and he went to another doctor who promised to effect a cure in three months. After this we heard nothing more from him until a year and a half

later, when he called and expressed a desire to commence our New Method treatment and continue it until cured. He had experimented with three cheap doctors after consulting us the first time, and when he quit the last one he was in a worse condition than ever before. We succeeded in curing him in nine months, and only charged him about one-half the amount he had wasted on foolish experiments.

A WANDERER IN SEARCH OF HEALTH.

(For treatment to cure, see page 4.)

Mr. C——, a wealthy middle-aged gentleman, had been afflicted for about ten years with a deep-rooted disease of the blood, complicated with gout and rheumatism. He took a course of baths at Hot Springs, Ark., but receiving no apparent benefit, he went home and expended over three thousand dollars for the services of some of the most eminent doctors of New York and Philadelphia. Their treatment was also unsuccessful, and when they had taken all the money he was willing to pay for useless experiments, they advised him to try some of the noted mineral springs of Europe. Not knowing what other course to pursue he took their advice, and visited in succession, Eaux Bonnes, Bagnères de Luchon and Aix la Chapelle, in France; Baden, in Switzerland, and Panticosa, in the Pyrenees mountains of Spain. But, after all this, he returned home unimproved in health and almost completely disheartened in mind. For over a year he refused to have any thing more to do with doctors, but an acquaintance, who knew of our skill in such cases, finally persuaded him to write to us. The first week under our New Method treatment he thought he detected slight indications of improvement, and before the end of the month he knew he was improving. He continued to follow our advice and to use our remedies for thirteen months, and was radically cured. We quote the following from a letter he wrote us from his home in Philadelphia, August. 18th, 1884: "It is now over a year since I finished your successful course of treatment, and my heart still swells with gratitude when I think how your skill has saved me from a life worse than death."

SCROFULA CURED.

(For treatment to cure, see page 4.)

Miss Hirst, aged twenty-seven, had scrofula, manifesting itself in swelling of the eyelids, burning and itching in the corners of the eyes, and many other disagreeable symptoms. She was greatly disfigured by the disease, her hair falling out and her face being constantly covered with sores. She came under our treatment in July, 1882, and was cured in eight months.

AN UNEXPECTED CURE.

(For treatment to cure, see page 4.)

Mrs. C——, of Cincinnati, consulted us in May, 1886, and was cured by our New Method treatment of an obstinate blood disease of eight year's standing. She had spent about two thousand dollars for treatment, including various kinds of baths, but the relief she

obtained was only temporary. When she came to us she had ceased to hope for a cure, but thought we might be able to alleviate her symptoms to a greater extent than other doctors had done. She realized more than she expected, for after three months the swellings and eruptions had permanently subsided.

CHLOROSIS CURED.

(For treatment to cure, see page 4.)

Miss Clara M——, aged eighteen, came to our office with her mother and sister, June, 24th, 1886. Her face was pale and her lips appeared waxy and bloodless; her hands, feet, nose and ears were cold and clammy; she was weak, melancholy and despondent, seeming to have lost all energy and ambition. Three months under our New Method treatment transformed her into a bright vivacious girl, glowing with health and vigor.

SCROFULOUS TUMORS.

(For treatment to cure, see page 4.)

Mrs. Elizabeth Gerow wrote to us in October, 1883, inquiring in regard to treatment for painful tumors on her neck and under her arms, the result of scrofula in the system. She was very much discouraged, almost to despair, and said if she could not be cured she wished to die. We encouraged her to be hopeful, and after nine months under our New Method treatment, the tumors were removed and the disease entirely eradicated.

BLOOD DISEASE AND CATARRH.

(For treatment to cure, see page 4.)

In December, 1880, we were consulted in regard to the case of Mr. L. S——, who had been confined to his house for four months. When we first saw him his bowels had not moved for nine days, the result of previous powerful drugging. His nose was partially eaten away with what was supposed to be a cancer. His breath was horribly offensive, and his eyes red and swollen. We diagnosed the case as catarrh, aggravated by secondary syphilis, removed several pieces of diseased bone from the nose and cured him in eight months.

A LIFE SAVED.

(For treatment to cure, see page 4.)

Mrs. D. D. J., aged 57, had a cancer of the breast, involving the entire gland; it was very large, hard, discolored and painful; she had not slept for two hours at one time for three months. The family physician advised extirpation with the knife, and she went to Detroit to have the operation performed by one of the surgeons in that city, but she met a lady who knew of our success in two similar cases, and advised her to come to us. She took our New Method treatment and the pains were eased so that she slept well that night, and did not lose an hour's sleep afterwards. The color began to disappear and the tumor gradually grew less, and when she called at our office, seven months later, it had entirely disappeared, and she said she had not felt so well for twenty years. This was accomplished without giving one grain of injurious medicine.

THE BLOOD AND SKIN.

(*For treatment to cure, see page 4.*)

In addition to the cases described in the two previous articles, there are numerous other forms of disease that involve both the blood and skin. These include various kinds of eruptions, tumors, ulcers, varicose veins, fever sores, etc. The following reports of cases, selected from the many cured by the New Method treatment, cover all the most important characteristics of this class:

BLOOD AND SKIN DISEASE CURED.

(*For treatment to cure, see page 4.*)

Mrs. S. J. M., whom we treated in 1880, declares that the New Method treatment saved her from a life worse than death. She had been inoculated by wearing false hair. Her face and neck first became swollen and inflamed. Her physician, an old and trusted eclectic practitioner, diagnosed erysipelas and treated it as such. The disease did not yield to his remedies, but grew worse. She changed doctors and called a "regular," a professor in one of the medical colleges. Under his heroic treatment the terrible affliction began to abate, but after a few months every symptom became more aggravated. The professor, after having exhausted his skill and taken all the money from her that she was willing to pay unless she could be cured, advised her to go to Hot Springs, Ark. She did so, and spent several hundred dollars without benefit. She returned with a face that was simply hideous to look upon; her eyes were very much affected, and she said that "death would be preferable to such a life." In this deplorable condition she applied to us and was cured.

ULCERS AND VARICOSE VEINS.

(*For treatment to cure, see page 4.*)

Mrs. Barnes, aged thirty-nine, consulted us in March, 1883. Three years previous she noticed a small pimple on her left limb, which soon broke and produced a foul and painful ulcer that would not heal. Other ulcers of a like character followed, and the veins in their vicinity became enlarged and painful. She was treated unsuccessfully at various times. The ulcers would sometimes seem to be almost healed, but would always break out again. They were deep, of a gray color, with raised, swollen and inflamed edges, and discharged a thin, ichorous matter. The pain was increased by both hot and cold applications, and on pressure became almost intolerable. She was under our New Method treatment six months and cured.

SCROFULOUS BLOOD AND SKIN DISEASE.

(*For treatment to cure, see page 4.*)

Mr. A. R. Snell, of Cleveland, O., wrote to us in January, 1884, for treatment for his daughter, aged eight, who had been suffering for a year with a scrofulous skin disease. She was under our treatment three months, and May 3d, 1884, Mr. S. wrote as follows: "Our little daughter is now in good health. The eruptions all disappeared during the third month of your treatment. She now has a good appetite and is bright and active."

When this little girl first came under our treatment her face, neck, arms and chest were completely covered with a painful eruption which discharged a watery matter, forming a yellow scab. She had grown weak and sickly, and her parents were in despair.

CURED AFTER FORTY YEARS.

(*For treatment to cure, see page 4.*)

Mr. J. L., a blacksmith, aged sixty-four, came to us having what are usually termed fever sores, one on each leg, extending from the ankle to within three inches of the knee. This was the worst case we ever saw, and we have examined perhaps one thousand cases. Mr. L. was a large, muscular man, and although nearly sixty-five years of age, he worked at the forge every day to obtain a living for himself and family, and to prevent the pains he used daily ten grains of morphine, a quart of whisky, and five grains of blue mass every night, this being the entire treatment for years, having derived no benefit from any other remedies. He had submitted to the operation of scraping the bone, stopped work and had it healed by the grafting and bandaging process about ten years before. But it broke out again in less than a month after he commenced work. We treated, and cured him in less than nine months, and he never lost one day's time. This was in 1876, and we saw him seven years later, a hale, hearty old man. He called with his granddaughter to have her treated for goitre. He said he just made her a present of a cottage that cost \$1,200; money that would have been spent for morphine and whisky had we not cured him. He thanked us, and told the young lady that to our skill alone she could attribute her good fortune in being the owner of a house and lot.

GOITRE AND SCROFULA CURED.

(*For treatment to cure, see page 4.*)

Mrs. J. L. Carney had a very large and unsightly goitre, and in addition three scrofulous tumors on her neck and one abscess under the arm. She was very miserable, the abscess and tumors being very painful. She asked us if we could cure the goitre, at the same time saying "if it could not be removed she did not wish to live," hence did not desire treatment for the scrofulous tumors unless she was rid of the goitre. We assured her that it could be done. We treated her, and cured both scrofula and goitre in seven months.

GOITRE AND SKIN DISEASE.

(*For treatment to cure see page 4.*)

Miss Jennie K——, aged twenty-eight, had a very large goitre and a very disfiguring skin disease. She came to us veiled and muffled, and said "she had lived the life of a recluse for ten years, and that her family had spent thousands of dollars for her." She had been sent to Europe for treatment, and had returned without benefit. She came to us, we learned afterwards, without the knowledge of her family, paid us for our services with her spending money, as she was then visiting her sister. She remained for seven months and continued our treatment,

at the expiration of which time she returned home entirely free from every vestige of her terrible maladies. She wrote us afterwards and sent us a photograph of herself in evening dress, and a paper descriptive of the ladies and their toilets at a grand reception. She has married since, and was in good health the last time we heard from her.

VARICOSE ULCERS CURED.

(For treatment to cure, see page 4.)

Mr. F. E. Gore consulted us in June, 1880, having suffered for years with varicose (enlarged) veins of his right leg, which, owing to his weight and constitutional tendency, had become a mass of ulcerated sores. He had not been treated, as none of the physicians he had consulted offered him any hope of improvement. After an examination we informed him that his case was curable. He was still so skeptical that he took some time to consider the matter. While doing so the sores became daily more painful and discouraging. He finally placed himself under our treatment, and inside of five months the ulcers were healed, and the enlarged veins were disappearing. The treatment finally brought about a complete cure, and four years later there had been no return of the disease.

SCROFULOUS SKIN DISEASE.

(For treatment to cure, see page 4.)

Mr. and Mrs. Bradley consulted us in reference to their little daughter, four years old, suffering extremely with an eruption of the skin extending over the whole of the chest, face and arms. It first appeared in the form of small vesicles which broke after a few days, and discharged a watery matter forming a yellow scab. This would peel off after a time and a new crop of eruptions appear. The child had been in this condition for three months, and had grown weak and sickly. Their home doctors did not understand the case, or at least they failed to give any relief, so the little sufferer was brought to us and cured. We saw her a year later. She had grown strong and healthy, no symptoms of the disease having ever returned.

VARICOSE VEINS CURED.

(For treatment to cure, see page 4.)

Mrs. McCarty was distressed several years with enlarged veins of the right leg. After unsuccessful treatment ulcers began to break out, and the whole limb became greatly swollen, inflamed and exceedingly painful to the touch. She was scarcely able to rest her weight on the limb and suffered great pain, but after commencing our New Method treatment, December, 1882, she improved rapidly, and was soon entirely cured.

SCROFULA AND ECZEMA.

(For treatment to cure, see page 4.)

Miss Fanny R——, a young lady aged twenty-four, wrote to us in February, 1885, asking if we could do anything in her case. She was suffering with scrofula manifesting itself in tumors, swellings and eruptions, and besides her hands and face were constantly broken out with eczema. We sent her reme-

dies by express which cured her in three months.

ECZEMA AND SCROFULA

(For treatment to cure, see page 4.)

Mrs. Lizzie McGann wrote to us from Galveston, Tex., in July, 1885, describing her case and inquiring about treatment. She had been troubled for five years with eczema, covering her hands and face and the greater part of her body. Sometimes she would get it partially healed, but in a short time it would break out again. The affected parts were covered with little vesicles, which exuded a watery substance, forming yellow crusts and leaving a dry reddened surface. She had almost given up all hope of ever being cured, but wrote that she must have some kind of treatment to alleviate the symptoms at least. We sent her medicine to last a month, and before it was all used she ordered more, saying it had done her more good than anything else she had ever tried. In three months she was cured.

ULCER AND SKIN DISEASE.

(For treatment to cure, see page 4.)

Mr. Jas. More wrote as follows from Bismarck, Dakota, July 25th, 1886: "Your New Method treatment has worked wonders in my case. I have been out here five months, actively engaged all the time, and have not been troubled with any signs of the ulcer or eruptions on the skin. I think it safe to consider myself cured." This gentleman had been under our treatment for a large chronic ulcer on the leg, and a very annoying, itching skin disease, which extended over the greater portion of his body.

CURED AT THE AGE OF 75.

(For treatment to cure, see page 4.)

Mr. E. Johnson, of Jeffersonville, Ind., a gentleman seventy-five years of age, was afflicted with eczema and chronic ulceration of the leg. He had tried several doctors, but received no benefit from their treatment, and they all made his advanced age an excuse for their failures. Mr. Johnson finally came under our New Method treatment April 15th, 1885, and in two months the itching and ulceration were entirely cured, and his general health greatly improved.

\$5,000 FOR USELESS TREATMENT.

(For treatment to cure, see page 4.)

Mrs. C. R. M., of Chicago, had been harassed by a most distressing disease of the blood and skin, exhibiting itself in swellings and eruptions on the face and neck. She had not appeared in public for six years, and had spent five thousand dollars for treatment in this country and Europe. After four months under our New Method treatment she wrote as follows, June 24th, 1884: "The effects of your treatment have far exceeded my most hopeful anticipations. After the failure of so many eminent doctors, I never expected to be cured, but sought your aid only in the hope of getting partial relief. What words then can describe my delight and astonishment at finding myself entirely cured of the dreadful disease that made me miserable for ten years?"

CANCER.

THE MOST HORRIBLE OF ALL DISEASES.

(For treatment to cure, see page 4.)

In a previous article we have considered cancerous disease of the blood, technically known as the *cancerous cachexia*. It now remains to describe the malignant local process by which this terrible malady is characterized. Cancer is called *scirrhus* or *ulcerated*, according to the stage of development. In the first or scirrhus stage it consists of a hard tumor under the skin. At first it is usually small and indolent, causing but little inconvenience for years; but sooner or later it begins to increase in size, and shooting lancinating pains are felt; the skin above the tumor assumes a red or livid hue, and the veins become swollen. When this condition has been reached the skin soon breaks and the second stage is inaugurated by the formation of an open sore, which discharges a thin, fetid, acrid matter, corroding the surrounding parts and tending to spread the ulcer. The pains in this stage are greatly increased, often becoming extremely violent. The disease may end in death in a few months after the ulcerative process begins or its progress may be slow, lasting through several years. Its course is more rapid in young persons than in the old. Sometimes there is an appearance as of a healing process that deludes the patient, but soon after, renewed and increased destruction of tissue takes place, and unless the disease can be checked by decisive remedies a lingering death is inevitable. Cancerous affections have been classified as forming several varieties, and named in accordance with certain peculiarities of development, but the apparent difference is due to the different organs and parts of the body attacked, rather than to any variation in the nature of the disease. Thus one form of cancer appears in the lymphatic glands and in the breast; another in the lips and other parts where the mucous membrane unites with the skin; another in the tongue and throat; and still another in the internal organs, the stomach, liver, intestines, kidneys, etc. Some of these forms are more malignant than others on account of the locality of the disease.

It is a lamentable fact that the "pathy" doctors only give palliative remedies and do not try to cure cancer, because they have been taught that it is incurable. Under such circumstances is it any wonder that almost every case proves fatal? No doctor is likely to cure a disease so long as he believes it intractable and does not try to cure it. We invite the attention of such doctors to the results accomplished by our New Method treatment, to the end that they may no longer say a disease is incurable because they cannot cure it themselves.

REPORTS OF CASES CURED.

For further information, after reading the following reports of cases cured, see the articles on DISEASES OF THE SKIN, DISEASES OF THE BLOOD and THE BLOOD AND SKIN.

CANCER OF THE CHEEK.

(For treatment to cure, see page 4.)

Mr. Worthington applied to us in December, 1882, to be treated for a cancer of the cheek, which caused the most terrifying apprehensions. The whole left side of his face was disfigured, and he feared that the eye would soon become involved. The terrible disease first appeared five years before, but had baffled all previous efforts to check its progress. Eight months under our New Method treatment effected a radical cure.

EPITHELIAL CANCER.

(For treatment to cure, see page 4.)

Mr. John F——, aged fifty-four, came to us for treatment in November, 1885, for cancer of the lip. Two years before, he noticed a hard round lump near the right side of his lower lip. At first he thought it had been caused by his pipe, which he usually had in his mouth while working. He then avoided smoking as much as possible, and was careful not to irritate the tumor when he did use the pipe. But it continued to spread and become more painful, a scab formed, and it finally broke out into an open sore, which kept constantly spreading by eating into the healthy tissues. The treatment he had been using seemed only to irritate the sore and cause it to increase more rapidly in size, and when he consulted us he was greatly alarmed, several doctors having intimated that the case was incurable. By our efficient New Method treatment we checked the progress of the disease promptly, and in due time effected a cure.

CANCER OF THE BREAST.

(For treatment to cure, see page 4.)

Mrs. Dickerson had a cancer in the breast, which caused her great alarm. The tumor was round and hard, about the size of her fist, and very painful when pressed. She first noticed it in the winter of 1878, and it gradually increased in size until three years later, when she applied to us for treatment. After using our remedies one month, there was a perceptible diminution of the tumor, and after much patience and perseverance in following up the treatment, the lady was cured.

There are hundreds of ladies who have small or large round, oval or flat lumps in the breast. They are generally of a cancerous nature, and are known as malignant tumors, scirrhus tumors, etc. Sooner or later these are the seat of sharp, cutting, burning or lancinating pains, which are severe at times but not constant. If of an undoubtedly cancerous nature, the patient will experience more pain or uneasiness once a month than at any other time, and even after the change of life, some of the ordinary symptoms of "coming around" will be experienced at times. We have treated and cured many such cases, and advise all who have any indications of a cancerous condition of the blood to avail themselves of our mild and effective New Method treatment, and thus prevent the ravages of a frightful and most dangerous disease.

DISEASES OF THE BONES.

ABSCESSES, CARIES, NECROSIS AND OTHER AFFECTIONS INVOLVING THE BONES AND THEIR COVERING.

(For treatment to cure, see page 4.)

The diseases that affect the bones are in every way similar to those that occur in the softer tissues, except that the inflammatory process is extremely slow. The principal forms that demand our attention here are: *Ostitis, Caries, Necrosis, Abscesses and Periostitis*. Scrofulous swellings of the joints, synovial inflammation, abnormal growths and malformations will be considered in the article on DEFORMITIES.

Ostitis is an inflammation of the bone analogous to inflammation of the softer tissues. It may be caused by external injuries, by mercurial poisoning or by such diseases as scrofula, rheumatism and scurvy. The symptoms, which are liable to be mistaken for rheumatism, consist mainly of tenderness in the affected bone and an aching, gnawing pain, considerably worse at night than during the day. The skin is hot and the bone becomes enlarged.

Caries is a chronic inflammation of the bone, involving a destructive process, and therefore corresponding with ulceration in the soft tissues. The diseased bone gradually disintegrates and abscesses form, discharging a thin pus mixed with gritty particles. Through neglect and improper treatment large sections of bone are often destroyed, and finally amputation is resorted to as the only means of saving the patient's life.

Necrosis, or death of the bone, results from arrest of nutrition by interruptions in the blood supply, and may be compared to gangrene or mortification of the fleshy parts. The supply of blood necessary for the nourishment of the bone may be interfered with by fractures, contusions, or bungling surgical operations; by acute inflammations and suppurative diseases; or by obstruction of arteries as the result of fevers, etc. After a portion of bone thus becomes dead and inert, it has the effect of a foreign body upon the surrounding tissues, causing inflammation and consequent abscesses, from which particles of the decayed bone are constantly discharged.

Abscess. In addition to the abscesses that occur in consequence of caries and necrosis, there is another kind that originates in the bone as a primary and independent disease. Its most frequent occurrence is in the large bone called the *tibia*, either just below the knee or a little above the ankle. The first symptom to be noticed is a circumscribed swelling over the affected part, which is painful and exceedingly tender. After a time the covering of the bone and the tissues become involved in inflammation and the pains become more intolerable, often depriving the patient of all rest and sleep till nearly exhausted. In the incipient stage the pain is intermittent and usually worse at night, but as the inflammation progresses it becomes constant. On account of new osseous for-

mations the bone is frequently elongated to the extent of an inch or an inch and a half, and unless the disease is controlled by skillful treatment the suppuration is liable to extend to the nearest joint and result in the loss of the limb.

Periostitis is an inflammation of the *periosteum*, the covering of the bone. The commencement of the disease is marked by swelling and severe pain accompanied by fever. Through neglect and unskillful treatment, abscesses, caries and necrosis of the bone and fatal blood poisoning are common consequences.

The old harsh methods of treating abscesses and diseases of the bone are generally unsuccessful. After undergoing such painful operations as scraping, trephining and chiseling the bone, the patient is generally compelled to submit to amputation as the final resort. From such torturing and ineffectual treatment our mild and efficient New Method Cure offers the only means of escape.

REPORTS OF CASES CURED.

(For treatment to cure, see page 4.)

In addition to the following reports of cases, the reader is referred to the article on DEFORMITIES for further information about diseases involving the bones and joints.

DISCHARGING ABSCESS CURED.

(For treatment to cure, see page 4.)

Mrs. N. Y., aged twenty-six, had been confined to her bed about eighteen months with an abscess in her side, one in the hip and seven indolent ulcers on the arms. She had suffered great pain, and was reduced to a skeleton. She had not stood up for twelve months. Her husband wrote us the particulars, and we sent her one month's medicine as a trial, at the end of which time she was so much improved and her friends felt so much encouraged that the treatment was continued and resulted in a permanent cure.

THE NEW METHOD SAVED HIS LEG.

(For treatment to cure, see page 4.)

Mr. A. Harvey, aged twenty-three, consulted us in regard to treatment for his right leg, which he feared he was going to lose. At the age of sixteen he had a discharging abscess just above the knee. A surgeon removed a large bone, and the sore healed and remained apparently well for several years. But, as is usually the case with this system of treatment, another abscess began to form just below the old scar. It became red, swollen and painful. He applied to a physician for treatment, and was told that it would perhaps take a year or more to effect a cure, that he must quit business and remain as still as possible; and further, that an operation would probably be necessary. We treated him, relieved the pain and soreness in a few days, and in due time effected a permanent cure by our New Method.

SAVED AFTER TWO OPERATIONS.

(For treatment to cure, see page 4.)

Mr. George E. Jones, a young man aged twenty-five, consulted us in August, 1885.

He had been afflicted three years with a discharging abscess just below the knee. A year and a half previous a surgeon had removed some diseased bone, but the abscess did not heal, and in six months it was worse than ever, and another operation was performed, but with no better results. After this he was told that the only recourse would be to amputate his leg. Rather than lose his limb he came and was cured by the New Method treatment, though he had previously been prejudiced against us.

ABSCESS RESULTING FROM INJURY.

(For treatment to cure, see page 4.)

Mrs. Sarah A. Wells wrote to us from Kansas City, Mo., in October, 1884, inquiring about treatment for a deep sore just above her left ankle. She said it came on about two years previous, and she thought it was caused by an injury she received in falling on an icy pavement. We wrote for further particulars, and were satisfied that the disease was located in the bone. At our suggestion she ordered treatment for three months, and at the end of that time she was cured.

ABSCESS BELOW THE KNEE.

(For treatment to cure, see page 4.)

A lady aged forty-six wrote to us from Los Angeles, Cal., describing a discharging abscess just below the right knee, which had been a source of great disability, pain and discomfort to her for upwards of four years. It had been healed over several times, but always broke out again worse than before. We sent her treatment by express for two months at a time, continuing for eight months in all. The abscess was healed at the end of the fourth month, but the patient desired to take the constitutional remedies until she was satisfied that the cure was permanent. We heard from her indirectly a year later, and she was then in good health every way.

NECROSIS OF THE BONES CURED.

(For treatment to cure, see page 4.)

Miss Matteson had necrosis of the bones of the left ankle, and was under the treatment of a well-known physician, but his remedies proved ineffectual, and he finally informed his patient that the limb must be amputated in order to save her life. She determined not to submit to such an operation, and told him that she did not wish his services any longer. By the advice of a friend she was induced to apply to us, and after a course of careful treatment was cured, the limb being well and strong when we last heard from her two years later.

NECROSIS OF THE THIGH BONE.

(For treatment to cure, see page 4.)

A young man, aged twenty-nine, had been treated for a year by some of the most noted surgeons of Cincinnati for necrosis of the femur, the large bone of the thigh. Several pieces of decayed bone had been removed, but the operations had not been effectual. There was a large opening which constantly discharged, and it was evident that the disease was extending. We took charge of the

case, and finally effected a cure. Another young man similarly afflicted remained under the old style of treatment, and finally had his leg amputated.

ABSCESS ON THE HEAD.

(For treatment to cure, see page 4.)

Mr. N——, aged forty, came to us with a large open abscess on the head, which had been running for eight months. The doctors who had charge of the case finally came to the conclusion that they would have to remove a portion of the skull, and frankly told the patient that the chances of death and recovery were about even. He concluded to try our New Method treatment rather than run the risks that the other doctors suggested. The result was all that he could wish, for in less than six months he was well.

THREATENED BLOOD POISONING.

(For treatment to cure, see page 4.)

One evening in the winter of 1885 a gentleman called and requested us to go and see his brother, whom he feared was in a dangerous condition. We found the patient in bed with evident indications of the setting in of blood poisoning. On inquiry we found that he had been under treatment for several months for osteitis, inflammation of the bone. The seat of the disease was just above the right knee, and he had suffered so severely and lost so much sleep that he was reduced to a very weak condition. His doctor had arranged to have him operated on before a class of medical students within a few days, but his friends had become alarmed and sent for us. It was well that they did, for the pus formed around the seat of inflammation had already begun to be absorbed by the blood, and we were only able to save his life by the most prompt and effective measures. Delay would have been fatal.

ABSCESS IN THE ARM.

(For treatment to cure, see page 4.)

Mr. Chas. Murphy consulted us by mail in July, 1885, having been deprived of the use of his right arm for about three months, on account of a discharging abscess near the shoulder. His doctor wanted to take him to the city to have an operation performed, but he had a horror of surgeons' instruments and would not go. We sent him treatment that effected a cure without any harsh remedies. A year later he wrote assuring us that the cure was permanent, and expressing his gratitude for our skillful treatment.

ABSCESSES AND SCROFULOUS TUMORS.

(For treatment to cure, see page 4.)

Mrs. E. M. had scrofulous tumors on the neck and under the jaw, and in addition, discharging abscesses from the thigh; she had submitted to three operations for the removal of the tumors and diseased bone, but the abscesses formed and discharged from another point, and the tumor would form and grow on the neck, often appearing before the wounds from the last operation had healed. Despondent in mind, reduced in flesh and broken down in every way, she applied to us and was cured by the New Method treatment in nine months.

DEFORMITIES.

SPINAL CURVATURE, DISEASES OF THE HIP
AND KNEE JOINTS, CLUB FEET, BOW
LEGS, KNOCK KNEES, ETC.

(For treatment to cure, see page 4.)

What more pitiable sight is there to be seen than a person dragging his weary way through life weighted with a deformity that unfits him for business enterprises, social enjoyments and the pursuit of all the aims, purposes and ambitions that engage the attention of other mortals? There are in this country, at the lowest calculation, more than a hundred and fifty thousand cripples who should have been well formed and healthy, and thousands more made cripples for life by the criminal carelessness of parents and guardians and the barbarous treatment of inexperienced and half-educated physicians. We can hardly go upon the streets without meeting some poor unfortunate with deformed feet, a hump back or one leg shorter than the other, whose miserable condition is a standing disgrace to those who had him in charge in childhood and infancy. Spinal curvature, hip and knee joint diseases and other maladies that end in deformity, frequently attack children and young persons, and if properly treated at the right time they can be cured, but the physician who undertakes such cases without a thorough understanding of the proper mode of treatment runs the risk of ruining his patient's health for life. Our long experience in these specialties has brought to our notice hundreds of cases that have been tampered with and aggravated, and even irretrievably injured by such doctors. These diseases are both difficult and dangerous, but they can be cured by scientific, common-sense treatment, administered carefully and at the right time, and we cannot too strongly impress upon those having the care of such cases the fact that delay, neglect and ignorance are alike dangerous.

The braces, instruments and appliances that doctors ordinarily use in the treatment of deformities are often neither more nor less than instruments of torture, and the operations which so-called surgeons are always so anxious to perform are, in the majority of cases, not only useless, but dangerous. Thousands of patients are sacrificed to the cupidity of surgeons longing for an opportunity to make themselves noted by cutting some one to pieces; who, in their ignorance, are ready to undertake the most dangerous operations, and "like fools rush in where angels fear to tread." We never resort to surgical operations except where such a course is absolutely necessary. We treat deformities of all kinds with the highest degree of success, and can show a far higher percentage of cures than any doctor or surgeon who follows the old and barbarous method of treatment by instruments and surgical operations. When instruments or braces are necessary, we have them made in our own establishment, directly under our supervision, by an experienced instrument

maker, and in cases where operations must be resorted to we perform them with skill and success, and with the least possible pain and inconvenience to the patient.

SPINAL CURVATURE.

(For treatment to cure, see page 4.)

The spine is subject to various deviations, malformations and deformities, known by the general appellation of curvatures. The different abnormal deviations are named: Pott's disease of the spine, lateral, posterior and anterior curvature. These deformed conditions are due to wasting or softening of the bones by caries, tuberculosis or other diseases; want of equilibrium between the weight of the body and the strength of the spinal column, either alone or when compressed by burdens; traction of muscles; occupations which keep the spinal column in a bent position; injuries to the spine, scrofula, rickets and other diseases.

Pott's Disease, also known as angular curvature, is a destructive disease of the spine, involving ulceration of the cartilages and caries and necrosis of the vertebrae. In the early stages the symptoms of this disease are so obscure that it can only be diagnosed by a skillful physician. We often meet with cases of this kind that other doctors have treated several months or a year without ever guessing the true nature of the disease. The first noticeable symptoms are pain and soreness in the upper portion of the spine; a constrained and fixed position of the head, to avoid causing pain by motion; supporting the head with the hands to prevent discomfort, etc. After a time a protuberance or projection appears on the spine, and then the case is plain, but the disease has usually existed from six to nine months and has worked serious damage before this stage is reached. This disease may result from constitutional or local causes. The local causes are injuries, either direct or indirect, from falls, blows, etc.; ricks or twists in the spine that often occur in wrestling or other tests of strength. The constitutional causes are: scrofula, loss of vitality induced by debilitating fevers, etc. We cure this disease by our New Method by constitutional and local treatment without braces or instruments.

Lateral Curvature, *scoliosis*, is a distortion of the spine to one side, and is caused by muscular contraction acting upon bones and ligaments weakened by disease, thus drawing the spine out of its natural position. Constitutional debility is the most important factor in this condition, but it is also due in a measure to local or general affections of the muscles, which may be induced by sitting or standing for a long time in bad positions without support to the back or with the spine bent. Many cases also arise from the constitutional disease known as rickets. The usual mode of treatment for this deformity is by the application of the plaster-of-paris jacket, an appliance that is useless, torturing, unscientific and altogether unworthy of these progressive times. Instead

of being beneficial it weakens the spinal muscles, prevents proper and necessary exercise, interferes with necessary cleanliness and hinders respiration, thus tending to weaken the lungs. We frequently take off plaster-of-paris jackets that have been put on by the most noted doctors of New York City, and cure the patients by our New Method treatment without braces or appliances of any kind. If the doctors who are in the habit of putting such torturing instruments upon suffering invalids do not believe this, they can be furnished with the proofs by calling at our office.

Posterior Curvature, *Cyphosis*, is a curving of the spine backwards, and is frequently due to the same causes as those mentioned above, as well as to certain trades and occupations requiring a stooping posture. The careless manner of leaning over books, and of sitting upon backless benches at school, with the shoulders and arms hanging forward, is a frequent source of this disease.

Anterior Curvature, *Lordosis*, is a curving of the spine forwards, causing projection of the sternum, and the condition is called *chicken-breasted*. Lordosis is most frequently met with in children and young persons, and is usually dependent upon disease of the pelvis, hip joint, vertebrae or bones generally. It may also be induced by rheumatism, vicious habits, etc.

THE JOINTS.

(For treatment to cure, see page 4.)

The joints are subject to many diseases that frequently end in permanent deformity. The most important of these are *Synovitis* and *White Swelling*.

Synovitis is an inflammation of the synovial membrane covering the joints. It comes on with gradual swelling and dropsical effusion of the affected part, hence it is sometimes called dropsy of the joints. The limb becomes contracted and the joint stiff. The progress of the chronic form is very slow, and it sometimes remains for months or even years without much apparent change, being better and worse by turns. But more violent inflammation is almost sure to occur at some period. The swelling may force the joint apart or suppuration may set in, forming open abscesses, or by penetrating to the deeper parts, totally destroy the articulations, making amputation necessary. This is an exceedingly obstinate disease, and under the old treatment the few cases that escape either death or amputation, end in ankylosis (stiffening of the joint) and life-long deformity.

White Swelling. This is also known as Tuberculosis of the Joints, Scrofulous or Strumous Inflammation, Chronic Joint Disease, etc. It arises from tubercular deposits in the joints, as the result of scrofula in the system, or it may be induced by injuries and exposure to wet and cold. The disease comes on insidiously, the first symptoms that attract attention being a slight pain or weakness and tendency to limp. Soon the diseased joint becomes swollen, white and

glistening, and the enlarged veins shine through the skin. After a time the bone is affected, and the pain becomes severe, even excruciating, especially on movement or pressure. Abscesses may form, caries and necrosis set in and the joint be destroyed. Both white swelling and synovitis most frequently attack the knee, and the symptoms and effects are severe in proportion to the size of the joint. By our New Method treatment for these terrible diseases we have accomplished cures that have called forth expressions of astonishment from doctors who are only informed in regard to old theories.

Rheumatism of the Joints, gout, scurvy and diseases of the bones may also produce deformity. See the articles on RHEUMATISM and DISEASES OF THE BONES.

HIP JOINT DISEASES.

(For treatment to cure, see page 4.)

No one but the pitiful sufferer can fully realize the distress caused by disease of the largest and most important joint in the body. Disease of no other bones except the spine is ever fraught with such pain and danger, and any parent who does not seek competent and experienced aid at the very first symptoms of such a malady in his child is either unconscious of the innocent victim's impending doom or lost to all parental love and care. Treatment can only be attempted with a reasonable hope of success, by those who have made the disease a special study. Usually the first indications are: weakness of the leg, lameness, and a sensation of fatigue and pain in the knee, sometimes in the calf of the leg, ankle, or along the side of the thigh, but in most cases, for a long time, the pain is referred to the knee. The limb is handled cautiously, kept a little drawn up, but when straightened seems a little too long. At night the child is suddenly aroused and cries out with pain, and sleep is disturbed by a twitching and jerking of the leg. During this stage of the disease the inflammation is confined to the socket and head of the femur (thigh-bone). In the synovia and other membranes now begins the fearful work of destruction. First, the swelling forces the bones apart, giving the limb a lengthened appearance, the hip is flattened and assumes a peculiar position. The flesh or muscles of the leg diminish; the limb is smaller; softening of the bones, destruction of the synovial membrane and ligaments rapidly follow; and while in this condition the symptoms become aggravated by contraction of the powerful muscles of the hip, and the head and neck of the bone, by decomposition, is changed in shape. The hip is now more or less swollen and painful, and in many cases abscesses have, either before or during the change, formed and broken, discharging great quantities of matter. The leg is contracted. As the disease progresses the destruction of the bone continues; the dislocation becomes greater as the head of the bone, by contraction of the muscles, slides higher up on the pelvis. Extensive caries (ulceration of the bones) takes

place; the disease may continue month after month, and year after year. Although the agony may abate to some extent, yet a cure is by no means approaching if left to the ordinary treatment. Treatment of the disease of the hip should be commenced early, keeping the diseased bones from being forced together by the contraction of the large muscles of the hip, relieving at once all the pain and twitching of the limb. If your child or friend is suffering severely, is very weak or emaciated, do not listen for a moment to the statement that it is too bad or weak to treat, or to have attention. Take warning and do not allow improper treatment or the application of any apparatus which, by straps, pads, supports, plasters, or any device whatever, goes around the diseased hip or groin in any manner. All such treatment does harm by exciting contraction of the muscles and pressing upon the tissues around the joint, thus increasing the sloughing and deformity. Our New Method Cure for hip-joint disease is the only sensible and successful treatment, and cures bad cases which are intractable to all the old methods.

THE KNEE JOINT.

(For treatment to cure, see page 4.)

Next to hip joint disease, inflammation of the knee is the most serious of all diseases of the joints. It may arise from injuries to the knee; from rheumatism; from scrofula, in which case it is called tuberculosis or white swelling; from caries, necrosis or inflammation of the bone; or from inflammation of the synovial membrane, called synovitis. At first the only symptom may be weakness of the limb, but pain, swelling, loss of motion in the joint and prostration of the whole system soon follow. The cords may become contracted and the limb crooked and deformed. When this disease sets in it is only by vigilant and skillful treatment that great suffering and life-long deformity can be prevented.

CLUB FEET.

(For treatment to cure, see page 4.)

Club-foot, *talipes*, is a deformity that occurs in early life, and is often congenital. In one form the heel is simply raised so that the patient walks on the ball of the foot; in another the outer edge is raised so that he walks on the inner side of the ankle, but in the most common form the distortion is far more serious; the heel is raised, the inner edge of the foot drawn upwards and the whole foot twisted inwards so that the patient walks on the outer edge of the foot, with the toes turned in. The deformity is due to weakness of certain muscles and ligaments with undue rigidity and contraction of others. When not congenital it may be induced by rheumatism in the calf of the leg; by fevers; by injuries or diseases of the spine; irritation of the bowels; injury of the sciatic nerve; confinement and inactivity, or any other cause that interferes with the proper nutrition of the nerves and muscles. Parents who have children deformed in this

way, and who fear to have them tortured by the instruments and operations of self-styled surgeons, or who have had them thus tortured without benefit, are invited to investigate our painless and successful New Method Cure.

OTHER DEFORMITIES.

(For treatment to cure, see page 4.)

The human frame is liable to other deformities, both congenital and acquired, but of less serious consequence than those already described. Among these may be mentioned Bow Legs, Knock Knees, Wry Neck, Hare Lip and various deformities of the face and nose.

Bow Legs. *Chemoscoliosis*. This is a bending of the legs outwards, causing them to assume the shape of bows. It may result from allowing the child to walk or stand too much when the muscles are weak and the bones soft, or it may be a consequence of rickets. The deformity may be remedied by proper treatment, but the braces that are ordinarily applied are worse than useless.

Knock Knees. *Entogonyancon*. In this deformity the knees are bent inwards so that they knock together in walking, and rest together when standing with the feet spread apart. The condition may be the result of weak muscles; of carrying heavy burdens; of a lazy manner of walking and standing; or, it may be due to rickets. The barbarous method of chiseling or sawing the bones, adopted by certain surgeons in the treatment of knock knees, cannot be too severely condemned. A child that shows indications of becoming knock-kneed should have immediate attention, and may be cured by mild and sensible treatment.

Wry Neck. This deformity consists of a twisting of the head to one side, while the chin projects proportionately in the opposite direction. The head is so immovably fixed, that in order to look around, the whole body must be turned. It sometimes commences soon after birth, affecting females oftener than those of the opposite sex, and is never cured unless proper treatment is used. The treatment must be directed towards removing the existing cause. As this is not generally understood by those who do not make a specialty of this class of diseases, very little benefit can be expected from physicians or surgeons who have limited facilities for examining and treating it. The reason of our invariable success in such cases is explained by the old saying, "Practice makes perfect."

The Face and Nose. From the frequency of injuries to the face by accident or disease, we are often called upon to interfere in order to secure by surgical means the symmetry and regularity of features that have been impaired. It is a subject of wonder when we see how much good can be accomplished in this branch of surgery. Deformities, the effects of Scrofula, Syphilis, Cancer, Scalds, Burns, etc., may, by scientific interference, be repaired so as to leave scarcely a trace of the unsightly appearance that otherwise

would be a lifelong source of discomfort and annoyance. Many sufferers from this cause have reason to be grateful to us for overcoming by art defects of feature and person which nature, unaided, was unable to correct.

Hare Lip. So called from its resemblance to the lip of a hare. It may consist of one or two clefts or slits in the upper lip. When only one exists it is called single; when there are two it is termed double. It is usually congenital, but may be caused by accident. As it is an unsightly blemish to the face, as well as a source of annoyance to the subject in taking nourishment and learning to talk, it should be remedied at as early an age as the health and strength of the child will admit of. Should there be a cleft or opening in the jaw, the sooner the operation is performed the better will be the prospect for a perfect closure of the aperture in the bone. Our facilities for treating hare lip are complete, and we solicit correspondence from parents who are interested in the subject, before they allow an operation that may prove worse than a failure, and cause life-long regret.

Braces and Instruments. While we maintain a mechanical department in our establishment and employ a skilled instrument maker to make, fit and adjust all kinds of supports, braces, instruments, etc., we never put on or recommend these appliances except in cases where they are absolutely necessary. We cure all curable cases of curved spine, hump-back, club-feet, bow-legs, knock-knees, wasted, paralyzed or atrophied limbs without the use of torturing instruments and at less than half the cost of these pretended aids. It is only in occasional cases that we find it necessary to use mechanical supports or braces, and in such cases we use our own scientific appliances, which are made and adjusted with a view to the comfort of the wearer and the cure of the disease. The self-styled surgeons, surgical institutes and instrument makers of the present take the money from innocent sufferers and only subject them to useless torture in return. The instruments they furnish are, sooner or later, hung up in the wood shed or coal cellar, or thrown away among the old rubbish in the attic or the back yard (the best use to which they could be put) and the patient is worse than before.

RICKETS.

(For treatment to cure, see page 4.)

Rickets, *Rachitis*, is a disease incident to childhood, to which may be traced many of the deformities described in this article. It may result from bad nourishment, such as a scanty supply of milk and the substitution of other articles; or, from other improper hygienic conditions, such as lack of cleanliness, light and good air. The disease chiefly manifests itself in softening of the bones and consequent deformity. The first indications usually are: sensitiveness to touch and motion; the child shrinks from being touched or handled; becomes restless at night,

kicking off the bedclothes; the teeth are developed slowly; the head sometimes grows too rapidly, while the development of the face seems to be retarded, giving rise to projecting brows and an old appearance; the belly becomes abnormally distended; the wrists, knees, ankles and other joints may become enlarged, and curvature of the spine, bow-legs, knock-knees and many other deformities frequently occur in consequence of the softening of the bones and the general debility of the system. And even if the victim of rickets escapes deformity, he will not grow to the natural size if the disease is allowed to run its course, but will remain dwarfish and feeble through life. For this reason parents should carefully guard against the causes that are likely to induce this disease in their children, and when any indications of it appear they should not lose any time in securing treatment from someone competent to take charge of such cases. It is very seldom that ordinary practitioners have any experience with diseases of this character, and as such matters must be of life-long interest to the child, no experimenting should be allowed.

REPORTS OF CASES CURED.

The following reports of cures, selected from the many patients that have been under our care at various times during a period of ten years, include all the most important kinds of deformity. For further information see the illustrated pages in another part of this book.

INCIPIENT SPINAL CURVATURE.

(For treatment to cure, see page 4.)

A young man, aged twenty, consulted us July 6th, 1885, having been attacked with sudden falling of strength, emaciation, pain and stiffness, and a feeling as if the flesh were loose; burning pain in the back, between the shoulders, and swelling of the muscles of the back. We diagnosed the case as incipient spinal curvature, and effected a cure before the stage of deformity set in.

DOUBLE CURVATURE.

(For treatment to cure, see page 4.)

In September, 1882, Mr. Frank Hexter, of Louisville, Ky., consulted us in regard to his daughter, eight years of age, who was afflicted with double curvature of the spine. About a year and a half previous Mr. H. and his wife had noticed a peculiarity in the girl's walk, which they attributed to a childish freak, but as it kept getting worse, they summoned medical aid, and then for the first time learned what was the matter with the little one. The child finally was bent forward and to the left, throwing her right hip and ribs of the right side out of place. So helpless had she become that she had to be lifted in and out of bed, and whenever a change of position was desired. Food became distasteful to her, and the parents thought, and the doctors summoned coincided with them, that her span of life would be a very short one. One of those straight waistcoats, called braces by courtesy, but

which in reality are only instruments of torture, was applied and had the usual effect—the unfortunate little cripple getting worse in every way more rapidly than before. When brought to us she was in a very weak condition and her spine was bent to one side and backward—the condition called double curvature. It was a desperate case, and we so informed the parents, but the New Method treatment which we applied had a marked effect the first month, and at the end of a year the child was comparatively well. The treatment was continued another year, during which she commenced to grow rapidly, and soon all traces of the disease were obliterated.

ANTERIOR CURVATURE CURED.

(For treatment to cure, see page 4.)

Mrs. H., of Madison, Wis., wrote to us in regard to her boy, aged eleven, who was much deformed by anterior spinal curvature. The spine was bent backwards to such an extent that he could not stand erect, but supported his body with his hands braced against his knees; in sitting he held fast to the back of the chair for support, and when sitting on the floor his head would sink forward and rest upon his knees. We sent remedies by express and instructions by mail. At the end of a month the mother reported that she believed the boy was better and ordered the treatment continued. There was constant improvement from that time forward, but it was very slow. However, at the end of two years the boy's back had become so nearly straight that a casual observer would not have noticed the deformity.

LATERAL CURVATURE CURED.

(For treatment to cure, see page 4.)

Mr. R. Sherman, of Baltimore, Md., wrote as follows, August 5th, 1884: "My daughter who has been under your treatment for the past eight months, is to all appearances perfectly cured and we do not consider it necessary to continue the treatment any longer. The pains and aching in the small of the back ceased entirely after the second month, and she began to gain in flesh and strength, instead of losing as she had been doing before commencing the use of your remedies. The deformity has now entirely disappeared, and she is strong and healthy in every respect. We are exceedingly grateful for your very skillful treatment." We heard from this case again two years later, and the girl was growing up well-formed and vigorous.

SPINAL DISEASE CURED.

(For treatment to cure, see page 4.)

Mrs. Martha Brewster, of Cincinnati, was attacked by disease of the spine at the age of twenty-six. It came on with sudden failing of strength, emaciation, pains in the small of the back, with stiffness, aching and a feeling as if the flesh were loose, swelling of the muscles and a feeling of chilliness in the small of the back. She had been treated for other diseases, but, growing worse, came to us for examination and treatment, and was cured.

INCIPIENT POTT'S DISEASE.

(For treatment to cure, see page 4.)

In June, 1882, a young lady consulted us after unsatisfactory treatment by another doctor who had pronounced her disease indigestion. A careful investigation proved that she was in the incipient stages of Pott's disease of the spine. After several months of careful treatment she was cured. In this case the stage of deformity or curvature had not been reached, and the correct diagnosis could only be reached by skill and experience.

DEFORMITY AND GENERAL DECLINE.

(For treatment to cure, see page 4.)

A young lady aged seventeen, came to our office with her mother, in September, 1884, being afflicted with lateral spinal curvature of a year's duration. The spine was considerably bent; she had tingling pains and feeling as if the back were bruised; tightness in the chest; numbness and stiffness of the limbs; weakness and debility; fainting spells, worse at night and morning and in cold, damp weather. The deformity was becoming more prominent week by week, and her general health was slowly failing. Our New Method treatment promptly arrested the progress of the disease, and in about a year effected a permanent cure.

DIAGNOSTIC ERROR.

(For treatment to cure, see page 4.)

Miss Alice Graves, aged sixteen, had been ailing for a year with Pott's disease of the spine, and had been treated through error of diagnosis for dyspepsia, anemia and several other complaints. The first symptoms were sudden failing of strength, emaciation, pain in the small of the back, with stiffness, aching and a feeling as if the flesh were loose. Her parents took her to their family physician, who frankly advised them to go to some one who had special experience in such cases, and they immediately consulted us. We gave the patient practical, scientific treatment for nine months, when she was discharged, perfectly strong and healthy, and no one would now suspect from her appearance that she had ever suffered from this dreadful malady.

A BAD CASE.

(For treatment to cure, see page 4.)

In August, 1882, Harry D., aged ten, was put under our treatment for curvature of the spine. The spine was bent and the muscles wasted so that he could not stand without support, and, when sitting on the floor, his head would sink on his knees. After four months' treatment he was able to run and play, and in a year's time was perfectly cured.

A HAPPY CHANGE.

(For treatment to cure, see page 4.)

Miss Susie Gaston writes: "I was an invalid with spinal and hip disease, and thought, as a matter of course, that I must always be a cripple; but the happy circumstances that brought me under your treatment has changed the whole tenor of my

life. I am now as well, supple and sprightly as the companions whose health and vigor I used to envy so much. Everything in the world looks different to me now, for I am happy, with hopes and aspirations which I hardly dared to dream of before."

HIP JOINT DISEASE.

(For treatment to cure, see page 4.)

Mr. James Hartly consulted us in January, 1882, in regard to his little daughter, who had been suffering severely with pains in the knee and hip joint, which often made her cry out in her sleep, and finally became so bad that she could not walk. The left leg seemed to be about an inch too long, and she could not move it without pain. One physician had called it rheumatism, and another, disease of the hip joint, but as neither of them could cure it, the child was brought to us and immediately put under treatment for disease of the hip joint. After administering our remedies and following our instructions carefully for four months, the parents had the satisfaction of seeing their child perfectly cured.

A SEVERE CASE OF HIP JOINT DISEASE.

(For treatment to cure, see page 4.)

Some time in the spring of 1882, Mr. and Mrs. Henry Linfoot, of 1397 Scott street, Covington, Ky., noticed that their boy Clifton, aged eight, appeared to be lame, but did not pay much attention to it at first, thinking it was nothing serious. After a time the child began to complain of pain in the knee, and would often moan and cry out in his sleep. Soon his leg got so bad that he could not play or ride his velocipede. His mother then became alarmed and called the family physician, who said he thought the boy had hip joint disease, and advised her to take him to a Cincinnati surgeon, whose reputation is second to none in the West. She did as advised, and after a careful examination the doctor pronounced the case hip joint disease, and said the boy would have to be put to bed for three months, with a plaster-of-paris bandage on the limb. The mother was almost distracted at the thought of such cruel treatment and did not know what to do, for a few years before she had known a neighbor's child who suffered with the same disease, and she had seen his leg actually rot away till he died. On the following day, which was the 13th of June, 1882, she came to us. We told her immediately that it was a case of hip joint disease, but assured her at the same time that the New Method treatment would cure it without any torturing appliances. She did not fully credit our statements, but decided to put them to the test, as there was no other reasonable resort. For several weeks previous to this the boy had not slept an hour at a time on account of the pain, but the third week after our treatment was commenced the pain abated, and from that time forward he slept well. The threatened formation of abscess was averted, and in six months all pain, soreness and stiffness had been removed. The treatment was continued until the disease was

entirely overcome. The grateful parents have been the means of bringing us many similar cases which have been treated with equal success to the relief and joy of other households. Mr. and Mrs. Linfoot moved with their family to New York City in 1886.

SAVED FROM DEFORMITY.

(For treatment to cure, see page 4.)

Charlie Hurd, aged eight, had hip joint disease, which had been coming on for three years. He first complained of pain in the left knee, which caused him to limp in walking, and gradually extended to the thigh and hip. He was restless at night, and often disturbed in his sleep by spasmodic jerking of the limb. He lost his appetite, became weak, pale and fretful. When his parents first brought him to us for treatment, the diseased limb was about an inch shorter and considerably smaller than the other, and he could not walk without support. He was immediately put under the sensible New Method treatment, and cured in six months. If this boy had been neglected or left to the old methods of treatment he would have been made a deformed invalid for life.

A BAD CASE OF SYNOVITIS CURED.

(For treatment to cure, see page 4.)

July 27th, 1882, we commenced the treatment of the little daughter of Mr. Benjamin Dunn, of Amanda, Fairfield County, Ohio, for synovitis, or inflammation of the synovial membrane of the knee joint, caries and necrosis of the bone and discharging abscesses. Two years previous to the time the child came under our care, the knee commenced to inflame and get sore, then a lump like a boil appeared just below the knee, which was lanced and discharged pus. About this time the knee began to enlarge, the enlargement being hard like bony deposits under the covering of the flesh. The child got lame, so that she could not walk or bear any motion of the joint. The abscesses were discharging pus, mixed with small spiculae of necrosed bone in large quantities. We told Mr. Dunn that it would take a long time to effect a permanent cure. He was willing to give us a fair trial, and continued the treatment fifteen months without interruption. At the end of that time the sores were all healed and the inflammation all gone, and the child had free use of the joint without pain or other inconvenience. An experienced surgeon who examined her afterward, pronounced it the most wonderful cure of the kind that ever came under his observation.

INFLAMMATION FROM INJURY.

(For treatment to cure, see page 4.)

Milford Walker, a boy of fourteen, had white swelling, resulting from a blow on the knee. The inflammation soon became so severe that the doctors put him to bed and enjoined absolute quiet, but he did not improve, and after a few weeks one of our surgeons was called to make an examination. He found the disease so far advanced that an opening had formed, from which large

quantities of pus were discharged, and the other doctors had advised amputation as the last resort. We informed the parents that there was still a chance to save the limb, and the case was immediately placed in our hands. Our treatment proved thoroughly effective, and the patient was restored to health unmaimed.

WHITE SWELLING CURED.

(For treatment to cure, see page 4.)

Mr. E. A. Aultman, of Cleveland, O., brought his little boy, aged thirteen, to our office for examination. We found him affected with tubercular inflammation, white swelling of the left knee joint. The disease was so far advanced that he had not been able to walk for six months, and the doctors who had the case in charge had decided that they would have to resort to amputation. The father had applied to us to see if we thought there was any possibility of saving the limb. We told him that the case was desperate, but not altogether hopeless. The result was that the boy was placed under our care and ultimately cured.

SYNOVIAL INFLAMMATION FROM INJURY.

(For treatment to cure, see page 4.)

A carpenter, of Covington, Ky., came to us in January, 1886, with his left knee in a very bad condition. Some six months before, he had been engaged laying floors and at other work which kept him on his knees a considerable portion of the time, till inflammation of the synovial membrane was induced. It soon became so bad that he could not work, and he commenced doctoring, but the disease was so obstinate that all the treatment he took seemed to have no effect. When we had made an examination and asked him what kind of remedies he had been using, we told him there was nothing strange in the fact that he had not experienced any relief, for it was a peculiarly obstinate case and the treatment altogether inadequate. We also told him that if he wanted us to treat him he would have to make up his mind to be patient and persevering. He said he had already come to the conclusion that he could only be cured by long-continued treatment. We treated him six months, at the end of which he was able to go to work. After that the treatment was continued six months longer.

BOW LEGS CURED.

(For treatment to cure, see page 4.)

In the month of April, 1885, a Cincinnati gentleman called on us with his boy, aged seven, who was badly deformed with bow legs, and all the time getting worse, though he had been constantly under treatment for over a year. At that particular time he was wearing braces, which had been put on about a week before, but they tormented him so that he was constantly begging to have them taken off. We told the father that such treatment as that would never cure. He told us that he would put the case in our hands and give us a fair trial, and agreed to see that our instructions were faithfully observed. We took off the clumsy braces, put

on others made according to scientific principles, gave such constitutional treatment as the case indicated, and in two months there was great improvement. The treatment was continued about thirteen months in all, and the boy is now growing up with straight and strong limbs.

TWO SIMILAR CASES.

(For treatment to cure, see page 4.)

In April, 1883, a gentleman brought to us his little girl, aged eight years, to see what could be done for her. She had been treated for upwards of two years for bow legs by two doctors, who used what they termed the most improved instrumental appliances, but they succeeded in nothing except to torture the child. Under our sensible and painless treatment she rapidly improved, and was cured in six months. About the same time the little son of Mr. Larue was brought to us to be treated for bow legs. He was eight years old, and though his parents had made great efforts to have him cured, he seemed to be growing more deformed every day. Under our treatment a rapid change took place, and after a thorough course of practical scientific treatment the limbs were restored to a natural form.

KNOCK KNEES CURED.

(For treatment to cure, see page 4.)

Mr. Ware, of St. Louis, consulted us in 1883 in regard to his youngest child, a boy aged nine, who was getting badly knock-kneed. The treatment he had been under about two years having done no good, an eminent surgeon finally told the father that the only way to remedy the deformity would be to remove a wedge of bone from each limb. Such treatment seemed to the sorrowing parents too horrible to contemplate, so our advice was sought in the case. In eighteen months' time, by our New Method treatment, we had the boy's limbs so nearly straight that the deformity was not noticeable, and as he grows older it will disappear entirely.

WRY NECK CURED.

(For treatment to cure, see page 4.)

Mrs. E. C. Martin, of Des Moines, Ia., wrote to us in December, 1885, in regard to her little girl, aged six, who had a wry neck that the doctors there could do nothing for. The back of the child's head was inclined towards the left shoulder, with the chin directed towards the right. The deformity was less marked after rest and sleep, and the head could be partially straightened by taking it between the hands and forcibly turning it to the proper position, but this process caused pain and did no good. We sent treatment by express, which in a comparatively short time relaxed the contracted muscles, allowing the head to return to its natural position, and the child was cured.

RICKETS CURED.

(For treatment to cure, see page 4.)

Mr. Wilkins, of Chattanooga, Tenn., wrote to us in regard to his little boy, aged four, who had shown evidence of a bad state of health for several months. He said it seemed

as though the child had stopped growing; was restless at night and irritable during the day; the limbs were becoming crooked and an abscess had formed near the right ankle, discharging yellowish matter. We furnished treatment for four months, and all the bad symptoms disappeared. In answer to a letter of inquiry sent a year later, the father wrote that the boy was well and growing fast.

CLUB FEET CURED.

(For treatment to cure, see page 4.)

In February, 1883, Mr. Lukins brought his little boy, aged six, to us for treatment for club feet. The child's toes were turned inward and he walked on the sides of his feet. Another doctor had put braces on his feet, but he could not wear them, as they seemed to answer no purpose except to torture him. Under our treatment the deformed members were rapidly improved, and now they are so nearly perfect that the defect is scarcely noticeable. As the boy grows older, and becomes physically developed, this slight defect will entirely disappear.

SCIENTIFIC BRACES.

(For treatment to cure, see page 4.)

Mr. R. Walker, of St. Louis, Mo., whose youngest child had been under our treatment for club feet, wrote as follows, October 3d, 1884: "Our little boy is now able to use his feet as well as other children of his age, his feet and ankles are straight and we consider him cured." This boy had been treated at a surgical institute and had worn the ordinary braces without benefit. We cured him by constitutional treatment in connection with easy braces properly adjusted.

PLASTER-OF-PARIS JACKET REMOVED.

(For treatment to cure, see page 4.)

In May, 1886, a young man, aged twenty-two, who had been suffering about a year and a half with lateral curvature of the spine, called on us for consultation. He was then wearing a plaster-of-paris jacket that had been put on by a well-known doctor of New York City. It was evident that the treatment was not effecting much if any improvement, and the young man wished to know if we could give him any additional help. We replied that we could benefit him at least, and thought we could effect a complete cure; but the treatment would be entirely different from anything he had, and the first thing we would do would be to remove the plaster jacket. We therefore advised him to give the doctor he was with a longer trial, if he still had any faith in that kind of treatment. He went away undecided, and we heard nothing more from him till two weeks later, when he called again and said he wanted us to treat him in whatever way we thought best, and said he would leave his case entirely in our hands. We at once removed the jacket and commenced treating him by our common-sense New Method. He commenced to improve immediately, and in six months was better in every way than he ever hoped to be at the time we first saw him.

OLD BRACES TAKEN OFF.

(For treatment to cure, see page 4.)

Mrs. W., of Cincinnati, took her little girl, two years of age, to a surgical institute to be treated for club feet. After having an operation performed and keeping clumsy braces on the child's feet for six months, the deformity was as bad as ever. She was then induced by a friend to call at our office. We saw the little girl, examined her feet and told the mother what we could do, but she decided to keep the old braces on a while longer. About two months later she came back and put the case in our hands, having come to the conclusion that the other treatment would never do any good. We took the old braces off, put on others and furnished such treatment and instructions as the case required. When we finally got through with the case, about a year later, the child could wear ordinary shoes and walked as well as other children of her age.

A FAR-DISTANT PATIENT.

(For treatment to cure, see page 4.)

A young lady, aged twenty, wrote to us from the distant State of Oregon, asking in regard to treatment for spinal curvature, which had commenced in her case about a year before. She had been treated so much without benefit that her parents had come to the conclusion that the deformity was incurable and that it was useless to spend any more money for braces and supports to be thrown aside after a few weeks. The patient was so favorably impressed with our reply to her letter and our plan of treatment that she wished to order at once, but her parents objected by saying that if the doctors who had seen her in person could not help her it would be foolishness to send to some one thousands of miles away. However, she was not to be dissuaded and sent for the first course of treatment with her own money. She improved so much that no one afterwards raised any objections, but on the contrary, all were anxious to have her continue under our care. She did so and followed our instructions faithfully for a year, at the end of which she reported cured.

GOUT AND INFLAMMATION OF THE KNEES.

(For treatment to cure, see page 4.)

Mr. M. E. consulted us in May, 1886, in regard to a painful affliction that attacked him at intervals. Both his knees were badly swollen, very sensitive to the touch, but not painful. He had a sour taste in his mouth; increased thirst but no appetite; derangement of the bowels and kidneys. We soon discovered that the trouble was due to gout and rheumatism, and cured him by the New Method in one month.

OLD METHODS ALL FAIL.

(For treatment to cure, see page 4.)

In July, 1885, a Lexington, Ky., doctor wrote to us inquiring what we could do in a bad case of hip-joint disease that he had on his hands and did not know how to manage. He said he knew all about the treatment recommended and applied by allopathic, eclectic and homeopathic schools of medi-

cine, but he also knew by experience that such treatment would do no good. We sent our New Method treatment, with instructions in regard to its application, and the doctor was soon gratified to find that his patient was improving. About six months later he reported the cure complete.

MISGUIDED FRIENDS.

(For treatment to cure, see page 4.)

In June, 1885, Mrs. M., of Evansville, Ind., wrote to us in regard to treatment for her little boy, aged seven, who was a victim of hip joint disease. We wrote in reply what our terms would be and what she could expect in the case. She was about to order treatment when some friends dissuaded her and induced her to apply to a Louisville doctor. The result was that after six months' treatment the child was much worse, and she wrote to us again. We took charge of the case, and though an abscess had formed under the other doctor's treatment, we succeeded in checking the disease by our New Method Cure, and after about a year's treatment brought the boy into a fair state of health.

MUSCULAR ATROPHY.

(For treatment to cure, see page 4.)

A boy, aged sixteen, was brought to our office in March, 1885, suffering with an obscure disease, which had completely puzzled all the doctors in the town of 10,000 inhabitants where he lived. He suffered most violent headaches whenever he attempted to study or exert his mind in any way; he was very timid and easily frightened, especially at night, and would not go anywhere alone in the dark. On examination his legs and arms were found to be very small, while his head was too large for the rest of his body. We diagnosed the case at once as muscular atrophy and arrest of development. He was under the New Method treatment a year and a half, and at the end of that time had attained fair proportions and was growing rapidly.

HIP JOINT DISEASE CURED.

(For treatment to cure, see page 4.)

A man from Richmond, Ind., called some time in the fall of 1885 and informed us that he had a little girl at home, aged nine, who was then under treatment for hip joint disease by the best local physicians, but did not seem to be improving in the least. He said he wanted us to treat the child but did not know how to manage it without incurring the displeasure of the other doctors. We made a record of the case as he described it, and about two months later he called again and said he wanted us to prepare a course of our New Method treatment, which he would try for three months at least. At this time the child was much worse than when he first called on us, and was so bad, in fact, that we could not offer much encouragement. At the end of three months, however, there had been so much improvement that the parents and all concerned were delighted, and the treatment was continued without interruption for a year. The last time

we heard from this case the little girl was well and going to school regularly.

WHITE SWELLING CURED.

(For treatment to cure, see page 4.)

Mrs. T. Smith called at our office and asked us to go and see her little boy, aged six, who was suffering very much with inflammation of the knee joint. She said he was then under the care of their family physician, and she wanted us to see the child unknown to any one but herself and us. We could not go, but had her describe the case fully and gave her remedies to apply. She said the child's knee was very much swollen, and the limb drawn up. The inflamed part was white, almost transparent, and very sensitive, but not hot. In a week the lady came back and told us that there had been considerable improvement, that she had used our treatment faithfully instead of following the other doctor's instructions. We advised her to tell both the doctor and her husband the facts in the case. She did so, and in spite of all opposition continued our treatment till the child was cured.

ANOTHER CASE OF ATROPHY.

(For treatment to cure, see page 4.)

Mr. C., aged forty, consulted us in December, 1884. Six years previous he had what he thought was rheumatism in the shoulder, and as time passed on he became thin and emaciated; his appetite failed; he became exceedingly weak and nervous, seeming to lose all muscular power. Finally he noticed that the muscles of his arms, legs and back were not only weak, but were gradually growing smaller. He also suffered with cramps in the feet; painful aching in the muscles; constipation of the bowels and dimness of sight. All the doctors he had previously consulted said the case was hopeless, and that he was doomed to a lingering death. Our New Method treatment effected a remarkable change in a few months, and at the end of a year the patient was enjoying good health and the muscles were fast regaining their natural size.

DEFORMED BY RHEUMATISM.

(For treatment to cure, see page 4.)

Mr. J. E. McMaster consulted us with his right leg drawn up with rheumatism so he could scarcely walk with the aid of crutches. He had suffered more or less with chronic articular rheumatism for ten years, and had never been able to find any relief. Our New Method treatment eased his affliction in a few days, and after persistent use of the remedies for ten months, the deformed limb was restored to its natural shape.

A CASE TAKEN IN TIME.

(For treatment to cure, see page 4.)

Mr. Geo. Jones wrote to us from Zanesville, O., in regard to treatment for his little boy, describing the case as skin disease. He said the child's face was covered with eruptions; he was restless at night, often cried out in his sleep, and awoke in the morning tired and unrefreshed; was always thirsty and had but little appetite. From the description we

suspected that the child was in the incipient stages of hip joint disease, and wrote for further particulars, asking special questions. When the reply came our suspicions were confirmed, and we sent treatment both for the hip joint and for the skin disease. As the case was thus taken in the early stage the cure was less difficult, being entirely accomplished in one month.

A BAD CASE OF WHITE SWELLING.

(*For treatment to cure, see page 4.*)

Mrs. M., aged twenty-six, wrote to us from Sidney, O., in April, 1886, inquiring about treatment for a swelling in the right knee, which had been coming on for six months. At first it did not trouble her much, only causing slight pain in walking, but after a while it became so stiff and so painful on motion that she could not walk at all. The joint was very much swollen, but there was neither heat or redness, the skin being white and glistening. The doctors had lanced it in two places, expecting to find pus, but no matter or fluid of any kind escaped. When she ordered the first supply of remedies from us the joint was so stiff that she could not straighten the limb, and she could only walk a little with the aid of crutches. We told her that if she expected rapid improvement she would be disappointed, as she was afflicted with a disease that would only yield gradually to the best treatment. She was patient and faithful in the use of the remedies, and was entirely cured in six months.

SUCCESS AFTER DISCOURAGEMENT.

(*For treatment to cure, see page 4.*)

In December, 1884, Mr. R., of Bloomington, Ill., wrote to us in regard to his little daughter, aged eleven, who was crippled with inflammation of the left knee, of six months' standing. After receiving our opinion of the case, and terms of treatment, he decided to place the child under our care. At the end of two months he thought the improvement was too slow, and was induced to try a doctor in St. Louis. We heard nothing from him for four months, when he wrote that the child had been growing worse, slowly, all the time, and wished us to take the case again, as our treatment had done more good than anything else. We sent the remedies again as ordered, and in about a year's time succeeded in effecting a cure.

SCROFULA AND HIP JOINT DISEASE.

(*For treatment to cure, see page 4.*)

Mr. E. R. Smith wrote to us in August, 1885, from New Orleans, La., requesting us to send treatment for his little boy aged nine years who was then suffering severely with hip joint disease. He wanted us to forward the remedies at once, saying, he would pay any reasonable price. But he did not describe the case with sufficient clearness so that we could proceed intelligently. We therefore wrote to him for further particulars and from his reply discovered that it was an unusually bad case, as the child evidently had scrofula as well as disease of the hip joint. We prepared and forwarded

remedies for a month and at the same time informed Mr. S., by mail that he must not expect too much, as improvement would necessarily be slow. He wrote in reply that if there should be any signs of improvement at all he would be satisfied as the other doctors had pronounced the case incurable. In about two weeks he reported signs of improvement, but at the end of the month was not sure whether there had been any progress or not. The treatment was continued, however, and before the end of the second month the boy was better without doubt. After that the improvement was gradual and the cure was completed in ten months.

A BAD CASE OF RHEUMATISM.

(*For treatment to cure, see page 4.*)

In September 1885, a gentleman aged fifty-two called at our office when on his way home from Hot Springs Ark. He had been there and at several other resorts, trying to get cured of chronic rheumatism, which he said had been the bane of his life for twelve years. His left leg and left arm were both crippled and deformed by the disease and all efforts to obtain relief had proved unavailing. He was incapacitated both for business and pleasure and had just about made up his mind to try the famous springs of Europe as a last resort. The fact that his finances were getting low was the only thing that deterred him from making the venture, for he reasoned that if he should fail to get relief his money would be all gone. He came to ask our advice in this matter more than to inquire about treatment, for several doctors had told him that medicinal treatment would be of no use in his case. We told him that after his experience with American health resorts, there was but little hope that the warm springs of Europe would do him any good. After much consideration he concluded to try our New Method Cure. The result not only astonished him but exceeded our own anticipations, for in due course of time he was entirely cured by the use of our remedies at his own home.

A great many doctors say they cannot understand how we cure spinal curvature and other deformities without the braces and appliances ordinarily used in such cases. We have only to say to such men that their medical education has been very incomplete or they would know that all deformities, except those that result directly from injury, are caused by some disease, and that when the disease that weakens the bones and ligaments and contracts, relaxes or atrophies the muscles, is removed, the deformed part immediately begins to resume its proper shape; if they had a little common-sense they would also know that it is impossible to correct a deformity by mechanical appliances while the disease is constantly acting to increase the deviation. Our New Method treatment is based on scientific principles, and we are always ready, not only to prove to other doctors that it is the best system, but also to explain why it is so.

DISEASES OF THE EYES.

(For treatment to cure, see page 4.)

The eyes are subject to numerous diseases, of which the following are the most common and important: *Ophthalmia*, inflammation of the eye; *Amaurosis*, paralysis of the optic nerve; *Cataract*, opacity of the crystalline lens, and *Strabismus*, commonly known as squinting or cross eyes.

Ophthalmia is a very common as well as a very distressing disease of the eyes. It consists of inflammation of the mucous membrane called the *conjunctiva*, which unites the globe of the eye with the eyelids. The general symptoms are: enlargement of the blood vessels followed by purulent secretions; soreness, pain and intolerance of light. The eyes have a raw, bloodshot appearance, and on arising in the morning the lids are glued together. The lids also become red and swollen, and there is a sensation of burning and roughness as if there were sand in the eyes. The four principal forms of ophthalmia are: catarrhal, scrofulous, granular and purulent.

Catarrhal Ophthalmia is a simple catarrhal inflammation of the mucous membrane of the eyes, and may originate in those parts, or it may be caused by the extension of nasal catarrh through the lachrymal ducts. See article on CATARRH. There is a feeling of stiffness or heaviness in the eyelids; a gritty and itching sensation; enlargement of the blood vessels, and often a discharge of mucus, which, on drying, forms little yellow crusts in the corners of the eyes. In many cases there is no discharge at all. If neglected, the disease may assume the purulent form.

Scrofulous Ophthalmia generally affects both eyes, going from one to the other. The eyeball is red in streaks; the discharge is hot, irritating and corroding; there is great intolerance of light, the patient seeking to keep the eyes constantly covered. This form, if badly managed, may end in sight-hindering spots on the eye or in total blindness. The symptoms are usually less severe in the evening. In this respect it differs from catarrhal ophthalmia, which has a tendency to be worse in the evening, during the night and in the morning. Another point of difference is, that in catarrhal ophthalmia the eyes are red all over, while in the scrofulous form they are red in streaks.

Granular Ophthalmia is a condition that often results from neglect or unskillful treatment of the two preceding forms. It is characterized by numerous roundish pale red prominences on the mucous membrane of the eye, which, by their constant friction against the eyeball, often injure the sight. Reading, writing, sewing or using the eyes steadily in any way, causes pain and increases the inflammation. There is also great sensitiveness to light, cold air, dust and smoke. This condition is often very obstinate, and inexperienced doctors should never be allowed to tamper with such cases.

Purulent Ophthalmia is similar to the scrof-

ulous and catarrhal forms except that it is more malignant in character, often being so severe that the cornea is perforated by ulceration so that the vitreous humor is discharged and the whole eye destroyed. It is an infectious disease, and often results from the constitutional effects of gonorrhœa and syphilis or from getting the virus of such diseases into the eye by accident. In such cases the disease is unusually severe and runs its course rapidly. When signs of purulent ophthalmia appear there is no time to be lost.

Amaurosis. For the sake of brevity and a clear, uncomplicated classification, we include under this head all those affections of the eye involving paralysis, partial or complete, of the optic nerve and nerve tract. These diseases cause little or no visible changes in the outward appearance of the eye, even where there is great loss of sight. Sometimes, however, there is a sort of scooped out or concave appearance, with dirty, smoky dimness or opacity, deep in the eye. Sometimes the pupil is immovable, dilated and not quite round. Some of the most common effects are: *Hemiopia*, seeing but one-half of an object; *diptopia*, seeing things double; *hemeralopia*, or night blindness, inability to see except in broad daylight, and *nyctalopia*, seeing best at night.

Cataract is a disease which involves the crystalline lens, situated immediately behind the pupil of the eye. It becomes opaque or dim, instead of being transparent, and can be seen as a grayish, white substance, the change to this condition generally being slow, occupying months and even years. The pupil is movable, circular, but dilated. The loss of sight is in proportion to the increasing dimness or opacity. At first it is a mere dimness or mistiness. The patient usually sees better in twilight than in the daytime. Sometimes an operation is necessary to remove the cataract, but we cure many cases by constitutional and local treatment which checks the abnormal process that causes opacity of the lens. We treat either medicinally or by a quick, safe and painless operation, according to the circumstances of the case.

Strabismus, cross eyes or squinting, is an involuntary turning of the eyeball inward, outward or upward and downward, although the patient retains the ability of turning the eye in the opposite direction. The most common deviation is outward and inward. In all these different deviations one eye may be affected or both may be involved. Each eye will at once assume its natural and proper position if the other be closed. Strabismus may be a sign of some brain affection, such as acute hydrocephalus, apoplexy and others, or it may be an hereditary fault. It may be acquired in early childhood, or caused by weakness of one eye, or it may have its origin in spots on the cornea, or in cataract, etc., and sometimes irritation of the intestinal canal by worms. All forms of strabismus or squinting are curable by either constitutional treatment or an operation.

In many cases the squint is caused by a disease of the nerve, brain or other part of the system, in which case an operation is not advisable, as the eye may be straightened by removing the derangement that produces it. This we can decide after an examination, and will adopt the method that offers the best prospects for successful results.

Other Diseases of the Eye. There are many other diseases of the eye, too numerous to be described in detail in a popular work, but all of which we treat successfully by our New Method. Among these are: *Iritis*, inflammation of the color band around the pupil; *Retinitis*, inflammation of the back wall of the eye; *Glaucoma*, opacity of the vitreous humor; *Staphyloma*, protrusion of the eyeball; *Cornellitis*, inflammation of the cornea; *Pterygium*, a wing-shaped growth starting from the corner of the eye; *Dacryocystitis*, inflammation of the lachrymal sac in which the tears are secreted, and many other affections of less consequence.

Loss of Sight. Any defect of vision or unnatural condition of the eyes, is just cause for alarm. The premonitory symptoms of different diseases that may end in loss of sight are often very similar, especially when the defect of vision comes on slowly. Whenever the words seem blurred or the letters run together in reading, or when the eyes become tired after reading, writing, sewing, etc., there is danger ahead. Blurs, specks, spots, flashes of light; a tired aching, uneasy feeling, suffusion of tears or disagreeable dryness; unnatural redness, pain and intolerance of light; a feeling as of sand in the eyes; intolerable itching; loss of [the] eyelashes; puffiness and fullness of the lids; seeing things double or only one-half; a sensation as of a veil before the eyes, are all the silent warnings of nature, and if unheeded may end in partial or total blindness. All such cases require special skill, and the experimental treatment of general practitioners is about as risky as total neglect. The New Method Cure, as applied by our skilled specialists in all diseases of the eye, is safe, reliable and effective, and has restored hundreds to the enjoyment of sound eyes and good eyesight, after they had been given up as incurable by doctors who follow the old style of treatment.

REPORTS OF CASES CURED.

In addition to the following reports of eye cases, see the articles on CATARRH and SCROFULA.

BLINDNESS AVERTED.

(For treatment to cure, see page 4.)

Mr. Trautman had been treated by several noted doctors for a peculiar disease, in regard to the exact nature of which no two of his medical advisers could agree. The symptoms were neuralgic pains shifting from one part of the body to another in rapid succession, at times being very intense in his head. After a few months his sight began to fail, and he felt that total blindness was rapidly coming on. None of the remedies which he had taken did him any good, and

he began to be impressed painfully with the melancholy thought that he was incurable. In this condition he was brought to us by a friend. He complained, in addition to his loss of sight, of nervous chills, tremors, incontinence of urine, vertigo and constipation. We carefully examined him, and prescribed a course of our New Method treatment, under which he rapidly recovered, and his sight was fully restored.

SCROFULOUS OPHTHALMIA.

(For treatment to cure, see page 4.)

Mr. R. E. Sykes had suffered for several years with scrofulous ophthalmia. His eyes became spasmodically closed, and he could not bear the light of the sun by day nor lamp or gaslight by night, but was obliged to remain in a darkened room. The usual remedies did him no good, and he feared that he would become permanently blind. Being unable to take a journey to our office, he wrote a description of his case, and ordered treatment, under which his eyes rapidly recovered, and a perfect cure was the result.

CATARACT REMOVED.

(For treatment to cure, see page 4.)

Mr. Johnson was gradually losing his sight on account of capsular cataracts which had been coming on both eyes for over two years. It was evident that he would soon be totally blind unless an effective remedy was found. A noted surgeon told him that an operation was his only hope, but as he did not wish to have his eyes permanently injured, he applied to us as a last resort. He was incredulous in regard to our ability to cure him, but took the treatment faithfully, and the cataract gradually disappeared till his sight is now as good as ever.

CONGENITAL OPHTHALMIA.

(For treatment to cure, see page 4.)

Mr. Rollins was almost blind with congenital ophthalmia. He was nineteen years of age, and had been treated as long as he could remember, but did not improve. His eyes were raw and inflamed, felt as if full of sand, and when he looked at a lamp or candle he saw a green halo around the light. He came to us for the scientific New Method treatment and was cured.

OPHTHALMIA AND STRABISMUS.

(For treatment to cure, see page 4.)

Mrs. Amber had been afflicted for several years with scrofulous ophthalmia, which, after improper treatment, caused strabismus (squinting) of the left eye. In order to see objects with the left eye she had to hold them near her nose, and the necessary exertion of the eyes brought on frequent headaches. Our treatment cured the headaches and the strabismus in two months.

GRANULAR LIDS CURED.

(For treatment to cure, see page 4.)

In January, 1884, we commenced treating Mrs. T. R. Allen, of Baltimore, Md., by the New Method, and May 19th of the same year she sent us a letter containing the following statement for publication: "You have done so much for me that I feel it my duty to

make a statement of my case, both in justice to you and for the good of others afflicted as I have been. About three years ago I was taken with a disease of the eye, which the doctors called granular lids. At first I thought there was dirt in my eyes, but they became worse, and after several weeks I found on examination that the inside of the lids were rough and covered with little projections like warts. I was treated six months by one doctor, five months by another and nearly a year by a third, but kept getting worse all the time. My eyes discharged matter almost constantly, and I was obliged to give up every occupation and enjoyment and remain in my room in idleness. In January last I was informed by a friend of your success in treating the eyes, and my husband wrote to you describing my case. You sent me treatment, which has entirely cured me, and I now write this, hoping that it may induce others to avail themselves of your skill before they suffer so long as I did."

GRANULATED SORE EYES.

(For treatment to cure, see page 4.)

Miss Sarah Dennison, of 23 Frank street, Rochester, N. Y., applied to us in April, 1885, for treatment for granulated eyelids. She had been afflicted for seven months, and had to leave school. Her eyes were inflamed, red and painful, and the sight was so much impaired that she could hardly see to walk. Under our New Method treatment she was effectually cured, and a year later her eyes were as good as ever.

PURULENT OPHTHALMIA CURED.

(For treatment to cure, see page 4.)

In March, 1886, Mr. C——, aged thirty, came to our office, having been affected with purulent ophthalmia for about a week. His eyes were in a terrible condition, being swollen and inflamed to a frightful degree. His sight was almost entirely obscured by the inflammation and the purulent matter which was constantly discharged. There was a burning, scalding pain in the eyes, with sharp, neuralgic pains radiating to the temples and forehead. He went first to the leading physician in the country town where he lived, but the doctor told him to go to some competent specialist, and to lose no time or he would lose his eyes, as the disease was making rapid progress. On examination we told him that we could not promise to save his eyes, but would do our best. In a few days we had the disease under control, and finally succeeded in effecting a cure.

PURULENT INFLAMMATION OF THE EYE.

(For treatment to cure, see page 4.)

Mr. M. T. Leary, of Nashville, Tenn., called on us to have his eyes examined, being afraid that he would lose his sight entirely, from what he had been told by a well-known oculist whom he consulted before coming to us. Inflammation had commenced in his right eye about a week before he consulted us, and had progressed so rapidly that the sight was completely obstructed, and the eye swollen out of all shape. The oculist

told him the only way to save the sight of the other eye would be to have the diseased organ taken out, and then an artificial one could be put in its place. But he was not willing to lose his eye, so he left the oculist and came to us. We told him that we could cure him, prepared treatment, gave him instructions and sent him home. In a few days he was much better, and two months later we received the following cheering and grateful communication, dated Aug. 23d, 1884: "I finished the last supply of remedies a week ago, and am overjoyed to be able to inform you that my eye is perfectly cured. When Dr. ——— told me it would have to be taken out I was terribly frightened. The next time I am in Cincinnati I intend to go and ask him what he thinks of my case now. If I had listened to his advice I suppose I would have now been wearing a glass eye and thinking myself lucky to escape short of total blindness. By your skillful treatment I enjoy the perfect use of both eyes, and I hope my experience will induce others to go to you and have their eyes CURED, instead of going to those who would PUT THEM OUT."

CROSS EYES STRAIGHTENED.

(For treatment to cure, see page 4.)

Miss Nettle Leavington, a young lady aged twenty-three, wrote to us in May, 1884, in regard to her eyes which had unaccountably turned inwards about seven years previous. After obtaining from her mother and herself a detailed history of the case, we were satisfied that the squinting was due to a disease of the nerves and brain, and sent treatment according to this diagnosis. August 27th, 1884, she wrote as follows: "My eyes are now perfectly straight, and I have not suffered the least pain or inconvenience from your treatment. I am perfectly delighted, for my eyes were a constant source of annoyance and mortification to me, and I never could have had the courage to undergo an operation. When you informed me that you could cure my eyes without an operation I could not believe it, but was ready to try anything. My friends are all astonished at the wonderful effect of your remedies, and I shall always remember you with the deepest gratitude."

HOW PEOPLE LOSE THEIR EYES.

We have known many cases where persons who consulted noted oculists have been induced to have an eye taken out and an artificial one put in its place, when a little skillful treatment might have cured the diseased eye and saved the sight. These unscrupulous oculists often tell patients that an eye is incurably diseased, because they get an exorbitant price for taking it out and substituting a glass one, and also advertise themselves by such operations, and there are hundreds of people wearing glass eyes to-day for this reason alone. Any one can put out an eye, but it requires skill to cure the disease and save the sight. We never operate unless it is necessary. We cure our patients' eyes, instead of putting them out.

DISEASES OF THE EARS.

(For treatment to cure, see page 4.)

The numerous diseases to which the ears are subject are usually induced by colds, sudden shocks, blows on the head, foreign substances in the ears, fevers, scrofula and other blood diseases, and the use of various drugs. The immediate causes of deafness are: thickening of the tympanic membrane (the drum of the ear); destruction of the small bones; perforation of the drum; obstruction of the Eustachian tube, accumulation of wax in the ears; and paralysis of the auditory nerve. The principal diseases of the ears, therefore, aside from paralysis of the auditory nerve, are inflammations, either of a scrofulous or catarrhal character, or resulting from injuries or the irritation of foreign substances. These inflammations can be best considered in reference to the four parts of the ear which they affect, viz.: the auditory canal, the cavity of the ear, the drum and the Eustachian tube.

The Auditory Canal, *meatus auditorium*, or outward passage of the ear may become inflamed from the introduction of irritating substances, hardened wax, blows on the side of the head, etc., or from catarrh. The symptoms are: a sensation of itching and dryness, with dull, boring pains; worse at night and aggravated by coughing, sneezing or moving the jaw. After a time there is a profuse secretion of mucus. This may cease, and dry, epithelial scales are thrown off. There is considerable itching. The scales sometimes fill the passage and diminish the hearing. A small sore or boil is occasionally found within the meatus, which causes much pain and dullness of hearing. When this disease becomes chronic it gets worse and better by turns, and always produces a greater or less degree of deafness.

The Tympanum or drum of the ear may become inflamed by catarrh, by the extension of inflammation from the external or internal parts, by foreign substances, or by scrofula, syphilis, vitiated blood, etc. The symptoms are: a feeling of discomfort in the affected side of the head, itching, pain and deafness. In severe cases the membrane may become perforated, in which event the hearing is destroyed beyond the possibility of return. Another result is relaxation of the membrane, which loses its natural resiliency, becomes flaccid and falls inward. A third consequence is thickening of the tympanic membrane. These also result in loss of hearing, but are curable by our New Method treatment.

The Cavity of the Ear, also called the middle ear and membranous cavity. Inflammation of this part is most frequently of a catarrhal or scrofulous character; though in many cases it may be due to fever, syphilis or rheumatism. At first there is a sensation of uneasiness in the ear, on blowing the nose or swallowing; presently the discomfort becomes constant and intense; there is a feeling of distension in the head, with more or less deafness and noises in the ears; in se-

vere cases where suppuration takes place, there may be distressing headache and even delirium, and there is no relief until the suppurative discharge takes place. All forms of inflammation of the middle ear impair the hearing, it may be only slightly or it may be almost to the point of total deafness. If the suppurative form is allowed to run its course, there is danger that the tympanum or drum-head may be destroyed, and the hearing irrecoverably lost.

The Eustachian Tube is a small duct about two inches long, extending from the pharynx to the cavity of the ear, and serving the purpose of supplying air to the drum. Inflammations of this passage are nearly always of a catarrhal character. See article on CATARRH. The duct may be clogged with mucus, or its size may be reduced by thickening of its walls, in consequence of inflammation, thus limiting the supply of air and causing partial deafness.

Otorrhoea, discharge from the ear, occurs when any of the above described inflammations assume the suppurative form, or it may result from polypus of the ear (a tumor or morbid growth that occurs in the auditory canal or middle ear). The discharge may be thick, thin or muco-purulent. It frequently occurs in young children at the period of dentition (teething), or from scarlet fever, etc. The discharge is liable to become chronic, in course of time destroying the drum-head and causing caries of the bony walls of the meatus and tympanum. The destructive process may extend along the temporal bone, until the brain and its membranes become involved, and death ensues therefrom.

Catarrhal Deafness. In our extensive practice we have found catarrhal deafness to be a very prevalent affection, especially in the more northern states of the Union, in Canada and the British Possessions of North America. We also find many patients who do not believe that their deafness results from this cause, for the reason that they never had catarrh—meaning of course, nasal catarrh. By way of explanation to such persons we wish to inform them that they may have catarrh that affects the ears only. Not only so, but catarrh of the ears as well as of the other parts may be "dry," that is, it may not occasion any discharge, either mucous, purulent or suppurative. Some of the most obstinate, inflammations described in the preceding part of this article, especially those of the middle ear and Eustachian tube are of this character, consisting of a dry catarrhal thickening, and interstitial hardening of the tissues, called *sclerosis* in medical parlance. The symptoms of catarrhal deafness are: almost constant ringing, roaring, whistling or singing sounds in one or both ears. Persons afflicted in this way often believe the impaired hearing results from the noises in the ears, and that if these noises, such as ringing, etc., were stopped, they would at once recover their hearing. Such persons labor under the fallacy of mistaking the effect for the cause. The rational and

correct method is to remove the *cause* of the noises, etc., by directing the treatment intelligently to said *cause*, then as a necessary legitimate result the noises or *effects* will disappear with the disease. Such persons hear best in clear, mild weather, or when riding in the cars or standing in a mill or machine shop where there is both noise and jar. The hearing is worse in damp weather, or while speaking to strangers or when excited or confused. The ears are generally dry, no secretion of ear wax—sometimes the ears itch, but not often. This difficulty seldom results in total deafness, but if not properly treated the sufferer becomes so deaf as to be in almost unbroken silence, a truly lamentable condition. By our New Method we are successful in curing this form of deafness, but the course of treatment is necessarily tedious in such cases, from three to eighteen months being usually required to effect a permanent cure. From one to three months, treatment will arrest the disease, and prevent it from growing worse, or in other words, will arrest its progress. We could mention over one hundred persons whom we gave from one to three months' treatment during the years from 1880 to 1886. They did not continue long enough to recover their hearing entirely, but the disease was arrested and they never grew any worse. We know of hundreds of others who have tried other means or neglected all, until they are quite deaf. We have cured many cases of catarrhal deafness and we do not believe a failure possible when instructions are strictly followed and the treatment continued long enough to repair the damage done.

Nervous Deafness. This is the most obscure of all the forms of deafness, and baffles ordinary medical skill. It results from paralysis or other diseases involving the acoustic nerve or its origin in the brain. It may be caused by diseases of the blood, by injuries to the head or by the use of quinine and other drugs. We have cured cases of this kind after the patients had been led to believe that their hearing was irrecoverably lost.

Loss of Hearing. Temporary impairment of the sense of hearing; discharges from the ears; itching and unnatural dryness; and ringing, roaring, singing, snapping or whistling noises in the ears, are the premonitions of approaching deafness, and should be duly heeded while there is yet a possibility of averting the natural consequence.

REPORTS OF CASES CURED.

In addition to the following reports of ear diseases and deafness cured, see the articles on CATARRH and SCROFULA.

CATARRHAL DEAFNESS CURED.

(For treatment to cure, see page 4.)

Mr. R. S. Smith, of St. Louis, Mo. had been deaf for four years from the effects of catarrh in the head, and could not hear enough to distinguish one word from another, even when addressed in a loud tone. He had ceased to look for or expect a cure, but at

the urgent solicitation of friends he reluctantly applied to us for treatment. At the end of the first month he had improved so much that he felt encouraged to continue, and after a thorough course of the New Method treatment he was cured.

FROM A TELEGRAPH OPERATOR.

(For treatment to cure, see page 4.)

Mr. A. A. Oldham, a telegraph operator in the Illinois Central R. R. office at Kankakee, Ill., wrote as follows after using our New Method treatment: "I received your letter some time ago inquiring in regard to my health and hearing, and can happily say that I was entirely cured by your treatment. My health has improved wonderfully, and my hearing is as good as it ever was. I feel just like a new man altogether, and can highly and happily recommend your treatment to any one who is afflicted as I was, for no one knows what I suffered before I commenced the use of your medicine. If I should ever have the misfortune to be afflicted in any way again I will remember you. * * * You have permission to use my name and letter as a testimonial, and I will be happy at any time to recommend you to the afflicted, and especially to those of my profession who have to depend upon their ears for bread and butter.

DEAF AS A POST.

(For treatment to cure, see page 4.)

Mr. C. L. D. was about to be discharged because his employer said he was deaf as a post. His deafness was caused by catarrh. The loss of hearing commenced with ringing in the right ear, and a difficulty of hearing a person who was on the right side. After a time the left ear became similarly affected; the hearing would be better and worse as the weather would change. He had been treated by an oculist and aurist of good standing in his city without being benefited. His employer (who by the way is a liberal adviser in his line) advised him to consult us; but he was prejudiced, and went to an aurist recommended by his family physician, but he continued to grow worse, and as a last resort came to us and was perfectly cured in two months.

NOISES IN THE EARS.

(For treatment to cure see page 4.)

Mrs. E. Fenner had been troubled with catarrh and noises and ringing in the ears for some time, and finally her hearing began to fail. Sometimes the disease did not seem to trouble her much, but on damp days she could scarcely hear at all. After a noted oculist and aurist had failed to help her she applied to us and was cured.

NERVOUS DEAFNESS CURED.

(For treatment to cure, see page 4.)

Mrs. Cora Brown, of Cleveland, O., had been afflicted for several years with nervous deafness. She had constant ringing, singing, snapping and roaring noises in the head, and the complications of the disease affected the whole nervous system, producing trembling, weakness, irritation of the stomach

and violent palpitation of the heart. Her case had been pronounced hopeless, and it was truly bad and discouraging. But we told her we could cure her. She did not believe it, but accepted our treatment and is now well.

DEAFNESS CURED.

(*For treatment to cure, see page 4.*)

Miss Annie Early had been gradually growing deaf for six years, and finally became so bad that she was obliged to give up her duties as a teacher. Having no other means of supporting herself she made every effort to get cured, and applied to three different doctors in succession without receiving any benefit. At last she came to us discouraged, and asked if anything could possibly be done for her. We gave her treatment and she soon found that she was improving. After three months she was able to resume her duties.

LOST HIS SITUATION.

(*For treatment to cure, see page 4.*)

Mr. Denham lost his situation on account of his gradual loss of hearing. His deafness was caused by catarrh, and commenced with ringing in the right ear, and he noticed a difficulty in hearing a person's voice at his right side. The left ear soon became similarly affected. He was much affected by changes in the weather, and sometimes could scarcely hear at all. He consulted a noted aurist, but under his treatment he continued to grow worse, so he finally abandoned it and came to us, and was cured in four months.

BETTER THAN A FARM.

(*For treatment to cure, see page 4.*)

Mr. J. G. Boon wrote as follows from Louisville, Ky., June 7th, 1884: "I take this opportunity of expressing my gratitude for what you have done for me by restoring my hearing and improving my health. When I commenced your treatment, four months ago, I could not hear a word unless I was spoken to in a very loud tone; now I can hear ordinary conversation. When I went to church before taking your remedies, I could not hear enough to get the sense of the sermon; now I can hear every word. The catarrh is also cured, and I would not be in the condition you have rescued me from for a good farm. I was getting worse every day, and have no doubt my hearing would have been lost entirely if you had not cured me."

UNPROFESSIONAL CONDUCT.

(*For treatment to cure, see page 4.*)

Miss Mamie Huttlinger consulted us in regard to deafness, which had been coming on without apparent cause for three years. The physicians she had previously consulted could not understand her case, and their remedies did her no good. We made a careful examination of her ears and prescribed remedies according to our New Method which cured her in three months. Many doctors will prescribe for cases that they do not understand. Such conduct is not only unprofessional but unmanly, and even worse, it is dishonesty and swindling. A pa-

tient pays the doctor for his skill, and not for experiments or hap-hazard work.

CLOSURE OF THE EUSTACHIAN TUBE.

(*For treatment to cure, see page 4.*)

Mr. W. E. Akers, a Dakota farmer, wrote to us in April, 1886, inquiring about treatment for deafness, which had been coming on gradually for about three years, but which had finally got so bad that conversation was laborious, and he could not hear public speaking well enough to get, any sense or meaning from the speaker's remarks. The impairment of hearing first came on with a crackling sound and a sensation as if the ears became stopped on blowing the nose. At first the passage would seem to open, after a few moments, with a snapping sound and a sensation of relief. But as the disease progressed the obstruction would sometimes remain for several days, and finally it became permanent. From this information, with the accompanying details in regard to the age, temperament and circumstances of the patient, we quickly determined the trouble to be due to obstruction of the Eustachian tube by catarrhal inflammation, and basing our treatment on this conclusion we succeeded in curing Mr. A. so that by the first of September, 1886, he reported his hearing as good as ever.

OTORRHEA AND POLYPUS.

(*For treatment to cure, see page 4.*)

A lady who desires to inform others where she found relief, though she does not wish to have her name made public, consulted us in June, 1885, in regard to her right ear, in which a polypus and suppurative discharge had appeared about three years and a half before. She had been treated by an aurist who removed the polypus with the knife, but each time it grew again larger than before, and when she came to us it was so large that it filled the auditory canal, causing almost total deafness. The suppurative discharge had also begun to work a destructive process in the cavity of the ear, which in time would have destroyed the drum. We removed the polypus by our New Method and healed the ulcerative process. When we heard from the lady, a year later, her hearing was good and there had been no signs of renewed morbid growth.

DRY CATARRH OF THE EARS.

(*For treatment to cure, see page 4.*)

Mrs. Sudie Smith, of Milwaukee, Wis., had been gradually losing her hearing for several years previous to the time she commenced our New Method treatment, November 18th, 1884. She had occasional dull, boring pains in both ears and a dry, itching sensation; sometimes dull frontal headaches, and a tired, despondent feeling. She sent us a detailed statement of her condition by mail, and we diagnosed the case as dry catarrh of the ears, especially affecting the drum and membranous cavity. A course of our New Method treatment, extending through nine months, effected a cure. This was an obstinate case and many other patients would have been discouraged.

CHRONIC MALARIA.

AN OBSCURE AFFECTION THAT OFTEN PUZZLES DOCTORS AND PATIENTS.

(For treatment to cure, see page 4.)

The term malaria literally means *bad air*, and is usually applied to those forms of disease characterized by chills and intermittent or remittent fever, supposed to be due to the influence of a paludal poison called marsh miasm. The most common form of the affection is commonly called ague, or chills and fever (see page 178), but there is a more obscure form of disease, evidently similar in origin and essential character, but of different manifestation, in that it assumes a chronic form, and is not confined to the times or localities in which active malarial poisons are supposed to exist. This condition is properly termed chronic malaria. Those who are subject to it may have occasional attacks of malarial chills and fever, but usually the symptoms are of a more slow and insidious character, consisting mainly in a state of general *malaise*, or ill-feeling, a condition characterized by debility, languor, apathy and depression; want of appetite; occasional chilliness and slight symptoms of fever; pains and aches all over the body. The more severe indications are neuralgic headaches, especially in the forehead; rheumatic and neuralgic pains in different parts of the body; derangement of the liver and spleen; a peculiar disagreeable sensation as of something floating or moving about in the epigastric and hypochondriac regions—the upper part of the abdomen; palpitation of the heart and sometimes attacks of dysentery. This condition is what is sometimes called the *malarial cachexia*, and there being a gradual loss of vitality, the disease tends toward a fatal termination. This malarial state of the system may be induced by acute attacks of malarial fever, but it is more frequently contracted insidiously, as we have described, and it may even be inherited, for it is well known that in certain localities people are born with the malarial poison in their constitutions. Such persons are often dull and listless, have large heads, prominent ears, tumid abdomens, slender limbs and sallow complexions.

REPORTS OF CASES CURED.

Note the symptoms and indications in the following cases and if you have any reason to believe that you are afflicted with chronic malaria, write to us at once. See page 4.

CHRONIC MALARIA CURED.

(For treatment to cure, see page 4.)

Mr. Wm. R. Jones, of Milwaukee, Wis., consulted us in the summer of 1885, having been in an invalid condition for about a year and six months. Sometimes he would feel comparatively well, and could work for a few weeks without much inconvenience, but just when on the point of congratulating himself on his recovery, he would be taken sick with headache, biliousness, wandering pains, nausea, constipation and a train of distressing symptoms that would confine him to his room for several days or

a week at a time. He had been treated by good doctors, and had used patent medicines without getting anything more than temporary relief. We diagnosed his case as chronic malaria, and prescribed a course of our New Method treatment, which cured him in two months.

A COMPLETE SUCCESS.

(For treatment to cure, see page 4.)

Mr. C. P. Ramp writes as follows from Natchez, Miss., December 3d, 1886: "The course of treatment I obtained from you in August, 1885, was a complete success, as I have not had an attack of malaria during the past year, neither have I had headaches, neuralgia or rheumatism. I am working hard all the time, and feel perfectly well. You have my sincere gratitude, for this trouble had been a great affliction to me for over three years."

NEEDS NO MORE MEDICINE.

(For treatment to cure, see page 4.)

Mrs. Mary Gerke, of Sedalia, Mo., writes as follows, June 7th, 1885: "Your letter of the 4th is received, and I hasten to reply. I am happy to say that I do not need any more treatment, as I am now in good health, and have been ever since taking your treatment last summer. If I ever need treatment again I shall send to you first." We had treated this lady for chronic malaria, in the summer of 1884. At that time she did not know what her trouble was, but suffered very much with neuralgic headaches and a disagreeable sensation as of something moving about in the epigastric regions; was weak, languid and sallow, and constantly endured an unaccountable feeling of distress and uneasiness.

VALUE OF GOOD MEDICINE.

(For treatment to cure, see page 4.)

Mr. Mayer, of Indianapolis, Ind., came to us in August, 1885, for examination and treatment, having been in poor health since the previous fall. He was weak, sallow and languid; felt unfit for work at all times; had alternate diarrhoea and constipation; indigestion and a peculiar sensation as of something floating about in the region of the stomach, liver and spleen; frequent headaches and feeling of nausea; pains, aches and weakness all over. We told him he was suffering with chronic malaria, and prepared remedies which cured him in a month. He afterwards said he would rather have one dose of our medicine than the combined services of all the other doctors he had ever seen.

A GOOD INVESTMENT.

(For treatment to cure, see page 4.)

September 11th, 1886, a professional gentleman of Paducah, Ky., who does not wish his name mentioned, wrote as follows: "I have not had an attack of malaria or any of the old disagreeable sensations since taking your New Method treatment, over a year ago. The money I paid you was the best investment I ever made, for your treatment has restored both health and energy, and I have made more money during the past twelve months, than for three years before.

A DECEPTIVE CASE.

(For treatment to cure, see page 4.)

Mr. R. I. Martel, of Memphis, Tenn., consulted us by letter in June, 1885. From his description of his case we learned that he had been a victim of chronic malaria for two years. His most prominent symptoms were: neuralgia in the forehead; rheumatic pains in the limbs; palpitation of the heart; derangement of the liver and spleen; a dirty, brownish appearance of the skin; general debility and emaciation. He had been treated for indigestion, for neuralgia, for rheumatism and for heart disease, but never obtained any relief, for the treatment had not been directed against the true cause of his malady. He was somewhat surprised when we told him that all his symptoms were due to chronic malaria, but after taking our New Method treatment a month, he felt so much better that he decided we knew more about the case than any of the other doctors, and continued under our care until a complete cure was effected, about two months later.

SICK ALL OVER.

(For treatment to cure, see page 4.)

Mrs. E. G., of New Albany, Ind., had been an invalid for about ten months when she first consulted us, in the spring of 1886. She found it difficult to describe her disease, as it seemed to consist mainly in a state of general *malaise*, or ill-feeling, with disagreeable sensations in all parts of her body, which she summed up as being "sick all over." We prepared a course of New Method treatment and cured her in one month.

HAP-HAZARD TREATMENT.

(For treatment to cure, see page 4.)

A lady aged thirty-six, who had been in ill health for six years, consulted us in July, 1885. She had a pale, sallow complexion; suffered frequently with bilious attacks and severe sick headaches; menstrual functions deranged; occasional attacks of dysentery; rheumatic and neuralgic pains in the limbs and about the chest, and a feeling of general indisposition. To use her own expression she "had been treated for nearly all the different diseases she ever heard of," but never got any permanent relief. She said she was disgusted with such hap-hazard treatment, and wanted our candid opinion of her case. We treated her for chronic malaria, and cured her in three months. A year later she called for consultation in regard to a friend, and was then in perfect health.

ENTIRELY SATISFACTORY.

(For treatment to cure, see page 4.)

Mrs. M. C. Murdock, of Vicksburg, Miss., wrote as follows, July 24th, 1884: "In reply to your kind inquiry of the 13th, I can say that your New Method treatment was entirely satisfactory in my case. I used the last of the remedies in April, and have not had an attack of malaria this summer. I am now enjoying better health than for three years before consulting you. Since last March I have gained twenty pounds, which restores me to my usual weight before I was taken sick."

TAKING COLD.

WHY SOME PEOPLE ARE ALWAYS TAKING COLD, AND HOW TO PREVENT THE TENDENCY.

(For treatment to cure, see page 4.)

We often hear people complain that they are subject to colds, and no matter how much care they may exercise in guarding against exposure, the attacks will still come on at intervals in the most unaccountable manner. The symptoms may be: watery or mucous discharge from the nose; accumulation of phlegm in the throat; stuffy feeling in the head; cough, sore throat or pain in the chest. People who are subject to any of these disagreeable sensations make a great mistake by thinking they are due to some slight and unnoticed exposure; they are rather the indications of a constitutional disorder, or tendency to disease. It is well known that persons in perfect health can endure a considerable amount of exposure to severe weather and conditions without taking cold. Nobody ever takes cold without some cause, and if there be no cause outwardly discoverable, we must look for it inwardly in the patient's constitutional tendencies. Therefore instead of taking cough mixtures, expectorants and other nostrums, those who are troubled with colds should secure scientific treatment for the constitutional disorder, of which the colds are only outward indications. This may be a new theory to many of our readers, as well as to the majority of the "pathy" doctors, but it is a true one, having been fully demonstrated in our extensive practice in different climates and among all classes of patients. We have cured many persons of the constitutional predisposition to take cold, so that they have afterwards enjoyed the same immunity from coughs and colds as other people in good health.

Repeated attacks of cold tend to induce catarrh, bronchitis, consumption and other throat and lung diseases, and the risks of these dangerous maladies may be greatly lessened by removing the constitutional disorder.

We ask all persons who are subject to unaccountable attacks of cold, to give this subject careful consideration, for we feel sure that all who think about it seriously and intelligently, will finally come to the conclusion that our position is correct. We find that among people of the same class and occupation, some are almost constantly troubled with colds, while others are comparatively free from them. As this happens while they are exposed to the same circumstances and conditions, how can the difference be accounted for except on the theory which we have explained?

REPORTS OF CASES CURED.

The following reports selected from among numerous cases of a like character that have been under our care at various times, will serve to illustrate the value of scientific treatment for removing the constitutional disorders which induce colds. Read them

carefully and be convinced that if you are susceptible to colds, without unusual exposure, your constitution is weak in some point and you are peculiarly liable to catarrh, bronchitis, consumption and other throat and lung diseases:

TENDENCY TO COLDS CURED.

(For treatment to cure, see page 4.)

Mr. Nelson Smith, then of Springfield, O., called on us in April, 1884, to get treatment for a bad cold. He had a cough, sore throat and copious discharge from the nose. On making inquiry we found that he had been subject to attacks of this kind for several years. The ordinary cough mixtures usually helped him, but he would often be barely over one attack before he would "take a fresh cold" and be as bad as ever. We advised him to take a thorough course of treatment. He did so, using our remedies and continuing under our care for three months. We saw him two years later, and he informed us that the treatment had been entirely successful, as he had not been troubled with colds since taking it.

A MYSTERY EXPLAINED.

(For treatment to cure, see page 4.)

Mrs. Mary Norton, of Hamilton, O., called on us in June, 1885, and in describing her case said she could not understand why she took cold so easily, especially in pleasant weather, and when she tried to take the best care of herself. She had talked to several doctors about the matter, but they all said she must have been exposed to a draught of air or something of that kind every time she took cold, although she did not notice it. But she did not believe them, for she had watched and guarded herself with the utmost care, yet the attacks would come on just as frequently as before. We explained to her that the fault was in her constitutional predisposition, and prepared a course of treatment which at the end of four months fully demonstrated the correctness of our diagnosis, for she was no longer troubled with colds.

CATARRH PREVENTED.

(For treatment to cure, see page 4.)

Mr. A. G. Poole, a former patient, writes as follows from Lawrenceburg, Kan., December 1st, 1886: "Your letter of inquiry in regard to my health is at hand, and I am happy to say that I have not been troubled with colds since taking your remedies, two years ago. I am satisfied that if it had not been for your scientific treatment, I would have been a victim of chronic catarrh before this time, for before consulting you I kept getting more susceptible to colds every year.

A CASE THAT ENDED IN CATARRH.

(For treatment to cure, see page 4.)

In the month of June, 1882, a gentleman called to consult us in regard to a cold in the head, which caused profuse discharges of watery mucus from the nose. In reply to our inquiries about the history of the case, he said he had been susceptible to such attacks for several years. We proposed a course of treatment to remove the constitu-

tional cause, but he only wanted a cheap cough mixture, and as we do not deal in such articles, he went to some other doctor. Two years later the same man came to us again. He said he had made a great mistake in not taking our advice before, for his difficulty followed just the course we predicted, and ended in chronic catarrh. A thorough course of treatment effected a cure, but he might have saved both money and health by taking the proper treatment in time.

IT BEATS THEM ALL.

(For treatment to cure, see page 4.)

Mr. Chas. R. Swinton, a traveling salesman, writes as follows from Spartanburg, S. C., December 12th, 1886: "I received your kind letter a few days ago at Columbia, to where it had been forwarded. In reply to your inquiries concerning the present state of my health, I can say that I am well in every respect. Since taking your treatment, now over a year past, I have not been troubled with colds (to which you know I was exceedingly susceptible before), and I actually feel stronger and better in other ways. Your New Method treatment beats all the cough mixtures and all the old style doctors, because it not only cured my cold promptly, but overcame the susceptibility of my system. I took the remedies while on the road and attending to my ordinary business."

ON THE VERGE OF CONSUMPTION.

(For treatment to cure, see page 4.)

Mrs. Loeber writes as follows from Freeport, Ill., November 19th, 1886: "I enclose one of your question blanks filled out with a description of my friend's case; the doctors here say that she has consumption, and cannot be cured, but I don't think she is much worse than I was when I first commenced your treatment, and I feel sure that you can cure her as you did me, if she will follow your treatment and instructions. In regard to my own health now, it is as good as I could wish, I have not been troubled with colds since finishing the course of treatment you prescribed, now nearly two years past; previous to that I was scarcely ever free from colds in the head and throat, and when I first wrote to you was on the verge of consumption. Please reply as soon as possible, for my friend is anxious to begin your treatment."

MISLED BY FRIENDS.

(For treatment to cure, see page 4.)

October, 1885, Mr. E. B. Brown wrote from Marinette, Wis.: "Mr. K—, of this place, will write to you this evening in regard to his case. I advised him to consult you when I was here last summer, but some of his friends dissuaded him from his purpose, and now he is much worse than ever before. The doctors here say he has diabetes, but I hope that you will be able to cure him. In regard to myself, I am still enjoying good health, and have not been troubled with colds in the head or throat since using your remedies." The gentleman referred to as Mr. K., in Mr. Brown's letter, came under our treatment and was cured.

MEN AND WOMEN.

DISEASES THAT AFFECT BOTH SEXES
THROUGH THE REPRODUCTIVE OR-
GANS. SAD RESULTS OF IGNO-
RANCE IN REGARD TO THE
SEXUAL NATURE.

(For treatment to cure, see page 4.)

There are many serious diseases and weaknesses of both men and women that arise in derangement of the generative organs, and through this source debilitate the whole system. A large proportion of these cases are the results of carelessness and improper habits of life, consequent on ignorance in regard to the laws of nature, and as the proper consideration of the whole subject is a matter of delicate and yet momentous importance, we have thought best to reserve it for two separate books—one for the advice and instruction of men especially, and the other for women. We shall thus be able to discuss and explain all matters pertaining to diseases of the reproductive organs more fully and definitely than we could in a work of this kind, which is designed for general instruction. The special books which we publish for men and women, are classed as the continuation or complement of this work, and are called PARTS II and III. PART II is devoted to subjects of special interest to men, and should be read carefully by every man, young middle-aged and old, married and single. The instruction and advice it contains, if carefully heeded, will be worth more than a fortune to many young men in after life. PART III is devoted more particularly to diseases peculiar to the female sex, and to subjects relating thereto. It is of incalculable value to all classes and conditions.

The people have been too long kept in ignorance on subjects of the gravest importance by the prudishness and false delicacy of those who profess to be public teachers, and the result is a harvest of disease, debility and premature death. We propose to do our duty in this respect, no matter what prudish people may say. The articles we have published on these subjects command the approbation of the best thinking men and women, and now, in order to accomplish the greatest amount of good, we have published valuable advice for men and women, young and old, in such a form that it is within the reach of everyone. A pocket edition of either PART II or PART III will be sent sealed to any address, on receipt of three two-cent stamps. Read what the people say of our advice and instruction and of our New Method treatment for diseases and weaknesses of men and women:

A MINISTER'S APPROBATION.

A clergyman of Fall River, Mass., writes as follows under date of November 30th, 1886: "A copy of your valuable little book PART II, has accidentally fallen into my hands, and I am greatly pleased with its contents, for I feel sure it will be the means of preserving many young men and boys from the sad consequences of ignorance and folly, by

which thousands of promising young lives are blighted forever. Enclosed find stamps for a dozen copies. I wish to keep a few on hand to give to young men and boys who are in need of such advice. I have often felt the need of such a work to help me in giving proper instruction to the youth who are under my care."

A TEACHER'S TESTIMONY.

Prof. C., a teacher in the public schools of Brooklyn, writes: "I have carefully perused your little book and am well pleased to know that you have placed such valuable advice and instruction within the reach of both rich and poor. I have frequently urged upon parents the importance of giving their children just such instruction in regard to the laws of nature and health, but only a few seem to understand or appreciate the subject. The fact is that people have been kept in ignorance, or rather they have been educated the wrong way—educated to prefer darkness to light, and to mistake ignorance for innocence. It is time that some one should show prudish people the fatal error into which they have fallen, and I am glad to know that you are doing the good work."

STRICTLY CONFIDENTIAL.

Men and women, young or old, married or single, who have any disease, weakness or disability involving the generative organs, may write to us in confidence, with the assurance of receiving candid, sympathetic consideration, good advice and successful treatment. We have had a large experience in this class of cases, and our New Method cures when all other means fail. We have overcome and dispensed with the objectionable modes of treatment often resorted to by other doctors, and the use of our remedies does not interfere with the patient's occupation or social engagements.

A MOTHER'S MISTAKE.

(For treatment to cure, see page 4.)

Mrs. L. writes from Elmira, N. Y. as follows: "My daughter's health is greatly improved, and I now feel satisfied that she will be completely cured by your treatment. I feel very grateful for the advice you have given me, for I now realize how much I have been to blame myself, in not instructing my daughter more fully in regard to her nature and the critical period of development through which she has lately passed. I enclose Money Order for another supply of remedies."

A YOUNG LADY'S REGRET.

(For treatment to cure, see page 4.)

June 20th, 1886, a young Pittsburg lady wrote: "I am now feeling better than I have felt before during the past four years. I can never fully express my gratitude for the benefits I have received from your treatment, for before commencing it I feared that my health was permanently broken down by improper habits of life, that were altogether the result of ignorance. But your remedies and advice have now restored me to a state of strength, vigor and freedom from pain which I once feared that I would

never again enjoy. My only regret is that I did not have your kind instructions in time to prevent the suffering from which your skill has now happily relieved me."

BETTER THAN A FORTUNE.

(For treatment to cure, see page 4.)

Mr. W., a young gentleman of Ft. Wayne, Ind., writes: "Your treatment and advice have been worth more than a fortune to me, for I truly believe that if it had not been for you, I would now have been either dead or such a physical and mental wreck that there would be no pleasure in living. I would like to have some more copies of the pocket edition of your book, PART II, to give to young men whom I know are in need of the advice and instruction it contains."

WHAT HE MIGHT HAVE SAVED.

(For treatment to cure, see page 4.)

November 16th, 1886, a young man who had been under our treatment for about six months, wrote as follows from Waterloo, Ill.: "Your kind letter of inquiry is received, and I am happy to say that I feel perfectly well, and do not think it necessary to continue the treatment any longer. If I should feel any of the old symptoms returning I will write to you at once. I have also received your little book, PART II, and have read it with a great deal of interest. I think every young man should read it carefully and follow the advice it contains. If it had been placed in my hands ten years ago, it would have saved me all the distress of body and mind which I suffered before commencing your remedies, besides the five hundred dollars in cash that I spent for useless treatment."

A WISE FATHER.

(For treatment to cure, see page 4.)

The following comes to us from a gentleman in Clinton, Ia.: "Please send me two copies of your little book, PART II, for which I enclose stamps. A friend spoke to me about it and showed me a copy which he has, and it is just what I want. I have three boys growing up, and I am trying to educate them properly in regard to the laws of nature, as they relate to physical health and well-being. I know that through ignorance of these things, many boys wreck their constitutions before they arrive at maturity, and I do not propose to have my sons suffer this way through any fault of mine. I think your little book will be a great help to me in performing a parent's duty in this respect, and I am glad that you have published so valuable a work."

GOOD TREATMENT AND GOOD ADVICE.

(For treatment to cure, see page 4.)

November 27th, 1886, a gentleman of Binghamton, N. Y., wrote: "I have now finished the last supply of medicine you sent me, which makes seven months that I have been under your treatment, and I think I can now safely say that I am cured. Four years ago I commenced doctoring, but never got any relief until after I commenced your New Method treatment. Your remedies, in connection with the advice and instruction

you gave me, have restored my strength and vigor, so that I feel like a new man. Other doctors never seemed to appreciate my condition. Some told me that I could not be cured, and others laughed at my troubles, but you took charge of my case seriously, and gave me good advice, and I assure you that your kind interest and efficient services will never be forgotten."

FOOLISH PREJUDICE.

(For treatment to cure, see page 4.)

A middle-aged man from Paris, Ky., came under our New Method treatment in the summer of 1885, and the following winter wrote: "I now feel as well and vigorous as ever in my life. Your remedies had none of the bad effects that followed the treatment of other doctors who previously had charge of my case, and the advice you have given me will be of value and carefully followed as long as I live. Since I have been cured I often wonder why so many men continue to take worthless medicines when they might go to you and be cured, but I suppose it is for the same reason that I did not apply to you a year sooner than I did, viz: prejudice. I now understand how foolish I was to let prejudice stand in the way of my cure, and hope that all others may soon be brought to the same sensible realization."

A DOCTOR SURPRISED.

(For treatment to cure, see page 4.)

A young man who had been under our New Method treatment six months, wrote as follows from Roseburgh, Oregon: "Please send me another three-months' supply of remedies. I am feeling first-class, and believe I would be all right without taking any more medicine, but I want to be sure. You know the doctor that I went to at Portland, before commencing your treatment, said I could not be cured, and that I had better save my money. I was very much frightened and discouraged by his opinion, but you soon convinced me that the Portland doctor was very much mistaken. I saw him last week and he was very much surprised to find me looking so well, and wanted to know what I had been doing. I told him where I got the treatment that was curing me, and he seemed more astonished than ever."

THREE YOUNG MEN CURED.

(For treatment to cure, see page 4.)

Mr. N., a young man from Monroe, N. C., came under our New Method treatment in December, 1883, after having been doctored unsuccessfully for three years. Eight months later he wrote: "At last I feel that I am cured, and words cannot express my satisfaction, for when I consulted you I was almost in despair, having been disappointed so often. I send you the names and address of two friends who are troubled in the same way that I was, and would like to get some of your publications. One of them has already spent about two hundred dollars for treatment, and feels despondent and discouraged." Both of the young men above referred to by Mr. N., afterwards came under our treatment and were cured.

MISCELLANEOUS CASES.

REPORTS OF VARIED AND COMPLICATED FORMS OF DISEASE, CURED BY THE NEW METHOD.

In the preceding chapters on chronic diseases and deformities, we have described all the important ailments which affect the different organs and parts of the body, in order that invalids may be able to compare their own symptoms, so as to locate their troubles and describe them intelligently when writing to us for treatment. But there are many sufferers whose maladies are so obscure that they cannot classify them definitely under the head of any particular disease. They are only conscious of certain pains, aches, deformities or disabilities that make life a burden, but which they cannot ascribe to any definite cause. We invite all such persons to write to us, describing their symptoms or sensations in their own language, without any regard to medical or technical terms. Our long experience with obscure and difficult cases, enables us to discover the cause and seat of such diseases from the patient's description of the symptoms which they produce. The most of the following reports are from persons whom we have cured of this class of obscure maladies:

COUGH, PAINS AND ACHES.

(*For treatment to cure, see page 4.*)

Mrs. E. F. Hurrell, of Jamestown, N. Y., consulted us by letter January 20th, 1886, complaining of pains and aches in the back, chest, limbs and sometimes all over the body. She also had a slight cough, and accumulations of mucus in the throat. The trouble had been coming on for about a year, and during that time she had lost twenty pounds in weight, and had become weak, tired and languid. Every doctor she applied to treated her for a different disease, but none of them got at the true nature of her malady. Our New Method treatment cured her in three months, and the last time we heard from her she had regained her full weight.

BACKACHE AND URINARY DISEASE.

(*For treatment to cure, see page 4.*)

Mr. R. E., of Jonesville, Mich., wrote to us asking if we could tell him what his disease was, and whether we could do anything to relieve him. He suffered almost constantly with backache, a feeling of depression, and derangement of the urinary organs. From his description we suspected the commencement of a serious disease of the kidneys, and on making a chemical and microscopical examination of a sample of his urine, our suspicions were confirmed. We promptly informed him of the result of our investigations, and sent him a course of the New Method treatment, which cured him completely.

DYSPEPSIA, COUGH AND CATARRH.

(*For treatment to cure, see page 4.*)

Mr. A. F. Childs consulted us in June, 1886, having been reduced to such a weak and debilitated condition that he was totally unfit for work. He had an irritating, hacking

cough; a feeling of oppression in the head; sensation of uneasiness in the stomach after eating; poor appetite, no relish for any kind of food; was morose, melancholy and despondent. He had tried dyspepsia cures, cough medicines and tonics, but none of them reached his case. He kept running down gradually until his friends feared that he was going into consumption, and advised him to try a prominent doctor in Philadelphia. He did so, and took treatment for consumption about three months, but without gaining any advantage over the disease. When he came to us we made an examination and informed him at once that he had no lung disease whatever. He was agreeably surprised at this diagnosis and took our New Method treatment faithfully for five months, at the end of which time he had been restored to robust health.

RHEUMATISM, NEURALGIA AND HEADACHE.

(*For treatment to cure, see page 4.*)

Mr. Geo. E. Limerman, a young man aged twenty-seven, wrote to us in March, 1886, stating that he was greatly troubled with headaches and attacks of rheumatism and neuralgia. He would be attacked suddenly with severe pains in the shoulders and chest, greatly aggravated by motion and shifting rapidly to different parts of the body. His bowels were usually constipated, his appetite variable and digestion poor. Some days he would feel very well, and at other times was not able to leave the house. We treated this gentleman just one month, and he reported himself entirely cured.

INDIGESTION AND CHRONIC MALARIA.

(*For treatment to cure, see page 4.*)

Mrs. Wilhelmina Kurtz wrote to us in August, 1886, inquiring about the New Method Cure, and stating that she had been an invalid for three years, but did not know what to call her disease. She had a poor appetite; sourness of the stomach; pains in the right side; occasional chills and slight fevers; sometimes nausea and vomiting; a sensation of something floating or moving in the epigastric regions; drowsiness during the day and restlessness at night, with many other distressing symptoms. She had become weak, debilitated and despondent, and seldom left the house. We diagnosed the case as chronic malaria and indigestion, and three months under the New Method treatment restored her to good health. Previous to consulting us, she had been doctored for no less than ten different diseases, and kept getting worse all the time.

BILIOUSNESS, JAUNDICE AND PILES.

(*For treatment to cure, see page 4.*)

Mr. A. K. consulted us January 13th, 1886, to inquire about the New Method Cure for complicated diseases. His skin had a sallow, yellowish tinge, and his eyes a dull, tired expression. For six months he had been suffering with wandering pains; sick headaches; poor appetite; indigestion and eructations of bitter water; a bad taste in the mouth; loss of flesh and increasing exhaustion. He also had a painful case of protruding piles, and

was almost discouraged, as he had not been able to work for about two months. After the failure of three doctors he became very despondent, fearing that his constitution was permanently broken down. We assured him that the New Method treatment would certainly overcome his diseases if he would give it a fair trial. He said he would try it, but did not have much confidence in anything. At the end of a week he began to feel encouraged, and before the first month had expired his confidence in the ultimate success of the remedies was fully established. After that, improvement was rapid, until his health and strength were fully restored.

SKIN DISEASE AND RHEUMATISM.

(For treatment to cure, see page 4.)

A gentleman who had for a long time been a sufferer with rheumatism, and believed it incurable, wrote to us for treatment for a painful skin disease, which had attacked him suddenly and resisted all treatment that he had been able to obtain. In writing he described all the circumstances of his case, but said he did not expect us to cure the rheumatism, and would be well satisfied if we could relieve his other trouble. The treatment was carefully prepared to meet all the indications of his case, and in due time both the rheumatism and the skin disease disappeared. This gentleman has since sent us several rheumatic and neuralgic patients. When we last heard from him, Nov. 20th, 1886, he said his health was better than it had been for ten years previous to the time we treated him.

HEART DISEASE, INDIGESTION AND ASTHMA.

(For treatment to cure, see page 4.)

A lady who had been a sufferer for four years, consulted us by mail July 15th, 1885. One doctor had treated her nearly a year for heart disease, after which she went to another one who said she did not have heart disease, but indigestion and asthma, but after treating her six months he gave up the case. The third doctor she went to said she had organic heart disease and could not be cured. She then wrote to us, and from the careful history and description of her case, which she sent us, we were satisfied that she had a complicated case of heart disease, asthma and indigestion, each difficulty aggravating the others. Her condition was so serious that we could not give her much hope, but assured her that we would do the best that could be done, seeing that she was anxious to try our New Method treatment. She was under our care nearly a year, and at times was almost discouraged, but when she last wrote to us her health was better than it had been during the five preceding years, and she thought it unnecessary to continue the treatment.

BRONCHITIS AND KIDNEY DISEASE.

(For treatment to cure, see page 4.)

Mr. Jas. V., of Cincinnati, consulted us October 16th, 1885, in a very serious condition. For more than a year he had been subject to a most irritating cough, which broke his rest and allowed him no comfort, night

or day. In addition to this he had been attacked with a dangerous disease of the kidneys, which was rapidly reducing his strength. His doctors had given him up and he was well-nigh discouraged. Some prejudiced persons had kept him away from us for more than a month after he had thought about coming, but he finally determined to try the New Method Cure in spite of all opposition, as there seemed to be no other hope. The result was far better than he anticipated, for he improved rapidly in every way until his health was completely restored.

CATARRH AND LIVER DISEASE.

(For treatment to cure, see page 4.)

Mr. K. C., of Cincinnati, a gentleman aged forty, called on us in April, 1886, and asked if we could explain the cause of his disagreeable symptoms, or give him medicine that would remove them. He was morose, melancholy and exhausted; his bowels were constipated, and his whole digestive system deranged; frequent and severe headaches added to his afflictions until life had become a burden. We informed him that his sad condition was due primarily to catarrh and disease of the liver. He said he knew he had catarrh, but did not want treatment for it because it could not be cured. We told him that we would have to treat his catarrh, and treat it successfully, before we could restore him to a comfortable state of health. He went away, but came back again in a week, saying that our New Method treatment was his last resource, and he would have to try it although he had not much confidence. We told him that if he had confidence enough to follow our directions faithfully, we would ask no more. He promised to do this, and we prepared the remedies. In two months he gained fifteen pounds, and was able to resume work, but still did not believe we could cure catarrh; however, he continued the treatment, and in November, 1886, acknowledged that his cure was complete.

SKIN DISEASE AND SORE EYES.

(For treatment to cure, see page 4.)

A young lady of Covington, Ky., came to us with her sister, August 11th, 1886, to obtain treatment for painful sore eyes and a most annoying skin disease, which she had been harassed with for a year and a half. Her face was so covered with eruptions that she never went out without covering it with a thick veil, and her eyes were so inflamed that she could not see to read or sew. She had been treated constantly from the time the disease first appeared, but with such discouraging results that she was in despair, and almost distracted at the gloomy prospect before her. The despondent state of mind thus induced by the fear of being permanently debarred from the pleasures of society, in which she had previously delighted, had the effect of deranging her nervous system, causing torpidity, indigestion, loss of appetite and constipation. The gloomy opinions of the family physician in regard to her chances of a cure, had tended to aggravate these symptoms day by day, so that

we found it difficult to inspire her with confidence. But her sister promised to see that the remedies were used according to directions for a month at least. The improvement was so rapid that the patient was cured in the short space of two months, and when we last heard from her was making up for the social engagements she had lost.

WORMS, EPILEPSY AND ULCERS.

(*For treatment to cure, see page 4.*)

Mr. E. J., aged thirty, consulted us in March, 1885. He had two large ulcers on his left leg, between the knee and the ankle, and was subject to severe epileptic attacks. On questioning him, to get the history of his case, we found that he was also terribly annoyed with pin worms, though he was not aware of the nature of this part of his affliction. Our New Method treatment cured the ulcers and permanently removed the worms in two months. Treatment for the epilepsy was continued six months, and when we saw him a year later, he had not had another attack or any signs of the disease.

LUNG DISEASE, CHRONIC DIARRHŒA

(*For treatment to cure, see page 4.*)

Mr. A. R. Lime contracted chronic diarrhœa in the army, and suffered with it for twenty years, all attempts at a cure proving futile. In the winter of 1885 he was attacked with a severe cough, which resisted all treatment and reduced his strength so rapidly that it soon became evident his lungs were seriously affected. Through the advice of a lady whom we had cured of consumption and pulmonary hemorrhage, he came to us, and we not only checked the lung disease, but also cured the chronic diarrhœa, which he had looked upon as altogether incurable for many years.

HEADACHE, AND UTERINE DISEASE.

(*For treatment to cure, see page 4.*)

Mrs. W., aged thirty-five, wrote to us from Muncie, Ind., stating that she had been painfully afflicted for two years with neuralgia and severe headaches, pains in the small of the back, and often a tired, aching feeling all over the body. From her description we discovered that the distressing symptoms were mostly due to uterine derangement, and prepared a course of the New Method treatment adapted to her case, which effected a perfect cure in four months. A year later this lady wrote that she had not had a bad headache since taking our remedies.

WEAKNESS AND PAINS IN THE BACK.

(*For treatment to cure, see page 4.*)

Mrs. P., of Cincinnati, had been a great sufferer on account of pains in the small of the back, weakness and bearing down pains, sick headaches and occasional attacks of neuralgia. Being possessed of ample means, she had employed physicians of the best reputation, but they all failed to afford the relief which she so anxiously sought. After she had about made up her mind that she would have to suffer the remainder of her life, a friend induced her to try the New Method Cure. She was astonished to find

that it gave her almost immediate relief, and continued under our care until her health was fully restored.

KIDNEY DISEASE, DROPSY AND RHEUMATISM.

(*For treatment to cure, see page 4.*)

A gentleman from Birmingham, Ala., consulted us by mail in the fall of 1884, to obtain treatment for a most dangerous complication of diseases. He had been suffering for about two years with very painful attacks of rheumatism before he discovered that he had a more serious disease, but finally it became evident that his kidneys were seriously affected, and though he secured the best medical services that could be had in that section, all his symptoms rapidly grew worse, until dropsy set in with great exhaustion, warning the attending physicians that all their treatment was unavailing. About this time an acquaintance, whose wife had been under the New Method treatment and was cured of rheumatism, gave the almost despairing invalid one of our papers, and advised him to write to us. As a result, after a brief correspondence with us, he ordered a course of treatment, and was eventually cured. The dropsy and rheumatism were consequences of the kidney disease, so when that was overcome his health was fully restored.

CATARH AND GENERAL DEBILITY.

(*For treatment to cure, see page 4.*)

Mr. I. D., of Piqua, O., a young man aged twenty-four, wrote to us in the latter part of June, 1885, describing his condition and inquiring about the New Method treatment. He was in a very despondent frame of mind, having expended nearly all his earnings for two years for medical treatment, without obtaining any perceptible benefit, in fact he felt that he was getting worse every day. His symptoms were: noises and a sense of oppression in the head, discharge from the nose; dizziness and dimness of sight; loss of memory and mental vigor; frightful dreams; want of energy and ambition; melancholy disposition; great physical weakness and debility. We sent him the treatment that his case required, but through the influence of an unscrupulous doctor, his confidence in our skill was so impaired, and the hopes which we had inspired in his mind by good advice, so dampened that he failed to follow the directions carefully, and at the end of the month did not renew his treatment. Two months later his condition was much worse than ever before, but fortunately he made the acquaintance of another young man whom we had cured of a similar trouble, and who demonstrated in plain language how foolish he had been in not giving the New Method Cure a fair trial. The result was that he renewed the treatment and was cured.

HEADACHE AND NERVOUS PROSTRATION.

(*For treatment to cure, see page 4.*)

Miss L., of Columbus, O., came under our treatment in August, 1885. She was then twenty years of age, but weak, sickly and poorly developed. She complained of head-

ache; specks and flashes of light before the eyes; dimness of sight; dizziness and fainting spells; great nervousness, weakness and general prostration. She was always tired and devoid of energy. After taking the New Method treatment and following our advice for a year, all the bad symptoms were permanently overcome, and she was so much improved in general appearance and disposition, that she appeared like a different person. She gained twenty pounds in weight, became fully developed in form, attractive in expression and sprightly in disposition.

DIARRHŒA AND CRAMP COLIC.

(For treatment to cure, see page 4.)

Mr. C. B., a young man aged nineteen, living at Aurora, Ind., applied to us in September, 1886, for treatment for diarrhœa and frequent attacks of cramp colic, which caused him great suffering and annoyance. He was pale and sickly looking, and too weak for vigorous exercise. After using the New Method treatment one month, he had no more colic or diarrhœa, and at the end of the second month had gained ten pounds in weight. When we last saw him, on the 2d of December, 1886, he was looking strong and healthy in every respect, and said he worked hard every day.

FAINTING SPELLS AND CONSTIPATION.

(For treatment to cure, see page 4.)

Mrs. M., of Cincinnati, had been troubled for four years with obstinate constipation and frequent fainting spells. She consulted us in June, 1884, after having been under the treatment of five different doctors, without any perceptible improvement in her condition. Our New Method treatment gave her relief the first week, and by continuing the use of the remedies for three months, she was transformed from an unhappy invalid to a sprightly, vigorous woman.

EPILEPSY AND CATARRH.

(For treatment to cure, see page 4.)

Garret Smith, a boy aged seventeen, was brought to us in the fall of 1885 for examination. His parents said he had been subject to epileptic fits since childhood, and fell down unconscious so often that they could not allow him to leave the house alone. He was weak, sickly and undeveloped, and had a bad case of catarrh, besides derangement of the stomach, bowels and liver. Their home doctor said he would not live to maturity. Under our treatment the fits were stopped in three months, and his general condition greatly improved. His parents were highly delighted, and continued the remedies six months longer, during which time the young man improved steadily, gaining every week in strength and weight. When we last saw him, in December, 1885, he weighed forty pounds more than he did a year previous, and had gained several inches in height.

RHEUMATISM AND PILES.

(For treatment to cure, see page 4.)

Mr. A. Moss, of Cincinnati, came to our office all crippled with rheumatism, and asked

if we thought the New Method treatment could be of any advantage in his case. He had been a sufferer for five years, the attacks coming on frequently with so great severity as to confine him to his room for several days at a time. Besides he was troubled with a bad case of piles, so that between the two afflictions he enjoyed no comfort, and considered life hardly worth living. We took charge of his case and the second month he was entirely free from pain for three weeks, which he said was a longer period of immunity than he had enjoyed for four years previous. A perfect cure was finally effected in his case, both of the piles and the rheumatism.

WORMS, COLIC AND CROUP.

(For treatment to cure, see page 4.)

Mrs. A. F. Smith, of Detroit, Mich., called with her little boy, aged eight, who for two years had been subject to frequent attacks of colic and croup. He was small for his age, lacking in energy and brightness and had a variable appetite; sometimes poor and at other times voracious. We took him under treatment and the first week removed a large tape worm, after that his appetite became regular, and he gained rapidly in strength. The treatment was continued two months, and the tendency to croup and colic entirely removed.

DYSPEPSIA AND CHRONIC ULCER.

(For treatment to cure, see page 4.)

Mr. A., of Bellaire, O., consulted us by mail, stating that he had been troubled with dyspepsia for five years, and also had a chronic ulcer on his right ankle, of three years' standing. He had spent three hundred dollars for treatment, but the ulcer was constantly getting worse, and the dyspepsia had so reduced his strength that he was hardly able to work. We sent him a course of the New Method treatment for dyspepsia, and also appropriate remedies for the ulcer. The first month he did not experience much improvement, but we encouraged him to continue, and in due time he was restored to perfect health in every respect.

A MUCH AFFLICTED PERSON.

(For treatment to cure, see page 4.)

A gentleman who first called on us in February, 1886, stated that within two years he had been treated by six doctors, and for six different diseases—rheumatism, kidney disease, neuralgia, heart disease, liver disease and dyspepsia. He did not know whether he had one or all of these troubles, but however that might be, he had not been benefited in the least by all the treatment, but was constantly getting worse in all his symptoms. A careful examination proved that each one of the six doctors, in turn, had been mistaken in his diagnosis. We prepared a course of the New Method treatment adapted to the patient's condition, and he was soon on the road to recovery. In less than a month his former doctors were astonished to see him so greatly improved, and it was not long before he was able to resume his business in the enjoyment of good health.

DYSPEPSIA AND CONSTIPATION.

(For treatment to cure, see page 4.)

In December, 1885, a gentleman called on us for consultation in regard to his wife, who was suffering with dyspepsia and chronic constipation of four years' standing; she was also subject to sick headaches, pains and weakness in the back and general prostration. Four doctors, an allopath, a homoeopath, an eclectic and a botanic, had previously treated her, but each one in turn gave up the case, and the lady had been about a year without treatment when we were consulted. We prepared remedies and told the gentleman to have his wife take them for a month, and then let us know how she was progressing. At the end of the month he came back, saying that she was better than she had been for three years. The treatment was continued for four months, in all, and a complete cure was the result.

BRONCHITIS AND HOARSENESS.

(For treatment to cure, see page 4.)

A very severe case of bronchitis, which had been treated unsuccessfully by some of the leading doctors of Philadelphia, was brought to us in June, 1886. The patient was a young man aged twenty-two, who about three years previous had gone to the Northwest, where the exposure to a severe climate brought on his trouble. When he was brought to us he was too weak to walk a square, and so hoarse that he could not speak above a whisper. The most of his friends thought he would die, and he was brought to our office for examination and a course of the New Method treatment as the last chance of saving his life. To the surprise of his most hopeful relatives, he began to improve the first week, and before the end of a month was able to take a short walk every day. At the end of the second month he went home and commenced doing some light work, but still continued the treatment. We last heard from him December 15th, 1886, when he wrote as follows: "Your kind letter of inquiry is just at hand. I do not think I will need any more treatment, as I have been feeling as well as I could wish for the past month."

INCIPIENT CONSUMPTION.

(For treatment to cure, see page 4.)

A gentleman of Lexington, Ky., came to us in the fall of 1884 with his little daughter, who had been declining for about six months. He had taken her to several doctors in Lexington, but they did not seem to understand her case, as she had no very plainly marked symptoms, only an unaccountable sense of weariness and languor, with gradual loss of flesh. The least exertion seemed to cause fatigue and exhaustion. Sometimes she would have a mild cough and some signs of fever, but these symptoms were so slight that they had scarcely been noticed. We saw immediately that the Lexington doctors had made a great mistake, and that their consideration of the case had been altogether superficial, either through

carelessness or want of knowledge, for the girl was plainly in the first stages of consumption. The use of our New Method treatment for three months entirely checked the disease, and when we saw the patient, two years later, she had a vigorous constitution and was enjoying perfect health.

RESCUED IN TIME.

(For treatment to cure, see page 4.)

Mr. E. B., of Marion, O., wrote to us inquiring about the New Method treatment, May 18th, 1886, and about a week later called for personal consultation. He had been declining unaccountably for nearly three months, and had become considerably alarmed at his condition. His symptoms were: pain and weakness in the small of the back; excessive thirst; restlessness; rapid emaciation and great debility. By a careful examination and analysis of his urine, we discovered that he had a serious disease of the kidneys, which must have inevitably cut his life short in a few months if neglected. We prepared the proper remedies, and when the gentleman went home and gave the result of our examination, the family physician said he would die; but he did not; on the contrary he improved daily, and a few months later reported himself entirely well.

RHEUMATISM, MALARIA, HEADACHE, ETC.

(For treatment to cure, see page 4.)

Mrs. Olivia Myers, of St. Louis, Mo., consulted us in November, 1883, having been afflicted for two years with rheumatism, chronic malaria, neuralgic headaches and obstinate constipation. She said she never expected to be cured, as her constitution seemed to be completely broken down, but hoped that we might be able to give her some relief. We told her that we could permanently restore her health if she would have patience. The first month there was so little improvement that she was almost discouraged, but during the second month there was a great change for the better, and before the end of the third month she had gained sixteen pounds, and was able to attend to her household duties. She continued using our remedies until May, 1884, and from that time until December 14th, 1886, when we last heard from her, she enjoyed good health.

INDIGESTION, PALPITATION AND PILES.

(For treatment to cure, see page 4.)

Mr. C., of Dayton, Ky., had for a long time been afflicted with indigestion and severe attacks of palpitation of the heart, suffocation and fainting spells. In addition to this he had piles, which caused him great inconvenience and pain. After wasting three years time and a thousand dollars in cash, he came to us for the New Method treatment and was cured. About a year later, May 24th, 1885, this gentleman called and informed us that there had been no return of any of his troubles and that his general health was better than for a long time before, also, that a friend whom he sent to us had been cured of diabetes—a case which had been pronounced incurable by two other doctors.

SKIN DISEASE CURED.

(For treatment to cure, see page 4.)

We frequently find it necessary to remind our patients that it requires time to cure chronic diseases, for this is a fact that many people do not seem to appreciate. A disease which is chronic in its nature, and which has been for years incorporating itself in the system, cannot be suddenly eradicated. In April, 1885, a gentleman from Muncie, Ind., came under our New Method treatment for an obstinate skin disease of twelve years' standing. At the end of three months he was much improved, but began to get impatient because the progress was so slow. We told him that it would take at least three months longer to complete the cure. Unfortunately he fell into the hands of a "regular" physician, who said he could cure the case in two weeks. We saw nothing more of the patient for about six months, when he came back in as bad a condition as when we first saw him. The doctor who promised to cure him in two weeks had charge of his case four months, and finally acknowledged that he had exhausted all his resources without improving the patient's condition in the least. The gentleman then experimented for two months with useless remedies, because he did not feel like coming back to us after having once discontinued our treatment. But he finally made up his mind not to suffer any longer, when he knew where he could positively get relief. The New Method treatment was therefore renewed, and this time persistently applied until the cure was complete.

A HIDEOUS DEFORMITY.

(For treatment to cure, see page 4.)

In March 1886, a gentleman called to see what could be done for a large tumor on the left side of his face which was rapidly growing and caused a most hideous deformity of the features. Several surgeons had told him that the only remedy would be to cut it out, but he could not muster courage to undergo the operation, well knowing that it would be attended with considerable danger. In three months' time we removed the tumor by our New Method treatment without causing a moment's pain or shedding a drop of blood. We remove tumors and other morbid growths by constitutional and local treatment, by electricity or by surgical operations, according to the nature and circumstances of each case, always adopting the means that will insure the greatest measure of relief with least pain and inconvenience.

DYSPEPSIA AND BRONCHITIS.

(For treatment to cure, see page 4.)

Mr. Hayler, of Paducah, Ky., consulted us by mail June 18th, 1886, stating that he had been afflicted with dyspepsia for six years, and with a chronic cough for two years. When in good health he had been a large, vigorous man, but the exhausting complication of diseases had reduced him to 100 pounds in weight, and to such a weak and debilitated condition that he could scarcely walk. We sent him a course of our New

Method treatment with advice in regard to diet and exercise. At the end of a month the patient reported great improvement, having gained five pounds; the second month he did not seem to improve at all, and began to feel discouraged, but the third month convinced him that our treatment would cure him in time, and he decided to follow our instructions thereafter with the greatest care. His subsequent improvement was rapid, and at the end of six months he had been restored to perfect health.

SPINAL DISEASE AND PARALYSIS.

(For treatment to cure, see page 4.)

Miss Anna Hyndman, of Sparta, Ill., who had been under our New Method treatment five months for an obscure spinal disease and threatened paralysis, wrote to us as follows on the 23d of August, 1885, some time after she had been cured: "I have been intending to write to you for a long time, to let you know that I am still well and strong. My back and side do not hurt me at all; I work at the loom all day and sew until bed time, go to bed and sleep sound all night. I tell almost every one I meet where I got the medicine that cured me. I got the paper you sent me last Friday, and thank you for it. I have given away nearly all the papers you sent me before." We have only heard from this young lady once since the above was written, but she was still well, and we know that the ailment for which we treated her was permanently cured.

HEADACHE, BACKACHE, NEURALGIA.

(For treatment to cure, see page 4.)

Did you ever have headache, blind, throbbing, beating, boring headache, when you felt that your head would surely burst, or your eyes would start from their sockets, or as though a nail was being driven into your skull? Well, think of this torture, lasting from morning until night, and then to have your sleep void of refreshing influence, broken in upon by backache and neuralgia, until your bed is anything but a bed of roses, and you have the case of Miss Mary Ennis, of Waynesville, O., who had been under the care of eminent doctors three years, when she applied to us for our New Method treatment. Mary is a member of the Society of Friends, or Quakers, as they are sometimes called, and therefore was trained, both physically and mentally, with the carefulness peculiar to "Friends;" hence her affliction was not the result of youthful excitement and over-exertion. Her system was sapped of vital energy by indigestion and faulty assimilation, and then followed the unwelcome trio—Headache, Backache and Neuralgia—until from being cheerful, hopeful, happy and affectionate, she was transformed into an irritable, morose, feeble, despondent girl. Under our New Method treatment she improved rapidly, but unfortunately met with a severe fall, which retarded her progress for a time, and necessitated a long course of treatment. But the cure was finally accomplished, and she is now a graceful and vivacious young lady.

ULCERS AND ENLARGED VEINS.

(For treatment to cure, see page 4.)

Mrs. C., of Decatur, Ill., had been severely afflicted for three years with enlarged (varicose) veins and ulcers on her left limb, between the ankle and the knee. Nothing that she had tried had afforded any permanent relief, and she became very much dejected, as the ulcers became so bad that she could not walk without limping, and was consequently obliged to forego amusements and social engagements. By our skillful New Method treatment, the ulcers were permanently healed, and the swollen veins reduced in the short space of two months.

DYSPEPSIA CURED.

(For treatment to cure, see page 4.)

Mr. Henry Merkel, of Charleston, S. C., wrote to us in June, 1886, for treatment for dyspepsia and indigestion, stating that he was forty-three years of age, and had been harassed with some kind of a stomach trouble for nearly ten years. According to his order we sent a month's supply of our New Method treatment, and after using it he wrote that he was so much better he did not believe he would need any more. We advised him to continue a while longer, because on account of the great length of time the disease had been rooted in his system, it would be liable to return. Two weeks later he wrote that he had begun to experience some of the old symptoms, and so ordered another supply of the remedies. This time he continued the treatment two months, and when we last heard from him, in Nov., 1886, he considered himself permanently cured.

DERANGEMENT OF THE STOMACH.

(For treatment to cure, see page 4.)

October 1st, 1885, Mrs. Mary Lyon wrote as follows from Higginsport, Ohio: "I received your letter a few days ago, requesting a statement as to the condition of my health since using your treatment, nearly three years ago. In reply I can say that your treatment has completely cured me of the stomach trouble that I suffered with at that time, and I am in the enjoyment of very good health at present." We always take pains to learn whether our patients are permanently cured before losing sight of them, because persons often think they are cured and discontinue treatment before the disease is thoroughly eradicated, but in cases like the above, when three years have elapsed without any return of the disease, there can be no question about the cure being permanent.

CHRONIC COLD.

(For treatment to cure, see page 4.)

Mr. Geo. H., of Binghamton, N. Y., wrote to us in May, 1885, inquiring about treatment for what he termed a "chronic cold." He would have an attack of "cold" on the slightest exposure, and often without any exposure whatever, and no matter how much care he exercised he would hardly be recovered from one attack before another would come

on. He had no trouble in finding medicine that would relieve, but had tried in vain to get something of permanent effect. We furnished him a course of our New Method treatment, adapted to cure his constitutional tendency to take cold, and after three months he wrote that he had not been troubled with a cold from the time he commenced taking our medicine. About a year later we heard from him through a friend with whom he was travelling in the west, and who wrote ordering treatment for himself through Mr. H.'s advice. From the correspondence of this gentleman we learned that our former patient was no longer troubled with colds, though exposed to the severest weather.

A LAME KNEE CURED.

(For treatment to cure, see page 4.)

Mr. Sorg, of Circleville, O., consulted us in regard to a lame knee, which had troubled him for over a month, and was getting worse so rapidly that the case had become very serious. His family doctor at first thought it a trivial matter, and simply put on a bandage and advised a few day's rest; but the bandage soon had to be taken off and other treatment applied, for the joint began to swell and became very painful. On making an examination we informed Mr. S. that the case was far more serious than he had been led to suppose, and could only be cured by the most pains-taking treatment. He thought the case should be cured in a few weeks. We told him that such a thing might be possible, but it was altogether improbable, and that we would prefer not to take his case if he had such expectations. He went to another doctor for a time, after which he tried liniments and patent medicines, and finally came back to us at the end of four months from the time we first saw him. He said he had discovered his error, and wanted us to treat him until cured, if it took two years. The disease had become deeply fixed, but we succeeded in curing him in four months by our New Method treatment.

ALWAYS TIRED AND WEAK.

(For treatment to cure, see page 4.)

Mrs. Murray, of Youngstown, O., wrote that she always felt tired and weak, had no energy or ambition, and took no pleasure in life, though she was surrounded with everything necessary to happiness, so far as the material comforts of life were concerned. She said she was not really sick, as she seldom had any pain, and the trouble seemed to be as much a mental as a physical disease. She had been in this condition about three years, and had tried many remedies without benefit, yet she hoped that a course of our New Method treatment might help her. After making a few inquiries in regard to her case, we had no trouble in locating the cause of her ailment, or in preparing remedies to remove it. After a three-months' course of treatment she informed us that a complete change had been brought about in her condition. Instead of being weak and

languid, she had become as energetic, sprightly and vivacious as when a girl. She gratefully attributed this complete restoration to our treatment and advice, which she said had been worth more to her than any thing else she possessed, because it enabled her to enjoy life.

BARBER'S ITCH CURED.

(For treatment to cure, see page 4.)

Mr. M., a gentleman aged twenty-five, consulted us in July, 1884, about a severe case of barber's itch, with which he had been terribly annoyed for three years. The first year after contracting the disease he spent all his savings for the services of various doctors, who did him no good; the second year he experimented with blood purifiers and skin cures, while the third year he spent all his spare time and cash trying various kinds of baths. When he came to us he was almost in despair. The disease presented such a disgusting appearance that he was ashamed to go into society or even appear at his business. We told him we could cure his terrible affliction, but that it would require persistent treatment, and advised him that it would not pay him to commence unless he made up his mind not to be easily discouraged. He said he was already discouraged, but would agree to follow our instructions if we could offer him any hope of a cure. He then came under our New Method treatment, and at the end of six months was entirely cured.

WEAK BACK CURED.

(For treatment to cure, see page 4.)

Mrs. Ellen M., of Chillicothe, O., consulted us after having suffered three years with a weak back, headache and nervousness. She was often obliged to go to bed on account of the pain and weakness, and though she was constantly taking some kind of medicine, there was no mitigation of the complaint, in fact, it seemed to become more intolerable every month. After a preliminary correspondence she decided to come to our office for a personal consultation, but a week later wrote that circumstances had arisen which would make it impossible for her to come, and asked if we could treat her case successfully by correspondence. We replied that we had treated thousands of other chronic cases that way and cured them, and that we could see nothing in the way of taking her under our care on the same plan, if she would send us the plain facts about her condition. By return mail we received her order with all the required information, and sent her immediately a course of our New Method treatment, which cured her in two months.

KIDNEY DISEASE CURED.

(For treatment to cure, see page 4.)

October 4th, 1883, Mr. E. B. Winfree, of Malden, W. Va., came under our treatment for disease of the kidneys. Two years previous he had an attack of fever and jaundice, and since that time had suffered with pains in the hips and back besides the usual symptoms of kidney disease. He ordered remedies for two months at a time, and was

under our treatment six months in all, before he considered himself cured. Oct. 2d, 1885, about three years from the time he came under our care, he wrote the following in reply to our letter inquiring about his condition: "In answer to your questions I will say that your medicine had a good effect on me, having entirely cured me of the pains in my hip and back, so I feel as well as I ever did in my life. I am now at hard labor about the coal bank, and will take great pleasure in answering any questions that you may ask of me, and in recommending all afflicted persons to you."

PAIN IN THE RIGHT SIDE.

(For treatment to cure, see page 4.)

Mr. Ames, of Portland, Ore., wrote to us in June, 1886, that he had been troubled for a long time with a pain in his right side, which his family physician could neither explain or relieve. We inquired particularly into his past history, especially in regard to the disease with which he had suffered, and on receiving his reply to our questions, had no trouble in determining the cause and seat of his ailment. We sent a course of our New Method treatment, which cured him in one month.

A YOUNG LADY HAPPILY SURPRISED.

(For treatment to cure, see page 4.)

Hundreds of invalids have tried so many doctors that they are thoroughly disgusted, and have no confidence in any one. We very often meet with such sufferers, worrying through life in a state of sullen despair. They will talk to us and write us long letters about their ailments, but hesitate to take our New Method treatment because they have tried so many other doctors without any benefit. They thus lose the opportunity of getting cured, and continue on in suffering. Others who are in despair of ever being cured will often try our treatment as a last resort, only expecting another failure, but they are almost always happily surprised by unexpected relief. Such was the case with a young lady aged twenty-three, who came under our treatment August 18th, 1883. She was engaged teaching school at Fort Recovery, O., and suffered so much with dimness of sight and painful periods that she was frequently obliged to leave her school in charge of some one else. After using our New Method treatment about two months she wrote that she was greatly benefited, but could not tell whether the cure was permanent or not, as the time had been too short. About three months afterward she wrote a very grateful letter, informing us of the complete success of the treatment, and at the same time acknowledging that she had no confidence in it when she first applied to us. After using the remedies a few weeks she found that she could attend to her school without any inconvenience or pain at the time when she had formerly been obliged to take to her bed. This gave her confidence, and when we last heard from her she was no longer a skeptic in regard to the efficacy of scientific treatment.

A SURPRISING CURE.

(For treatment to cure, see page 4.)

The following is part of a letter written to us by Mrs. Sarah Francis, of Ft. Wayne, Ind., in December, 1885. The little grandson of whom she speaks was cured by our New Method treatment several years before: "I write to inform you that I received your very kind letter inquiring after my little grandson's health. Excuse, if you please, my neglect; the boy is well and has been ever since he took your medicine. You remember little John Hines had not walked for over three years. He now walks to school, one mile from home every morning and back again in the evening without any support of cane or crutch. His leg is, as you said it would be, shorter and a little crooked, but he can get over the ground as fast as any of the boys of his age. He often wonders why his good doctor don't come and live at Ft. Wayne, so he could see him. The child thinks you made him well, and I do not think he would have been living now if it had not been for your excellent treatment. He never complained of pain after taking the first dose and till this day seems to be clear of it entirely. Well, doctor, excuse me for not writing sooner; I told my husband we were like the lame dog in the fable—"got well and never came back." In a later communication, Mrs. Francis said: "You are welcome to make mention of our little grandson in your new book and to use our letter if you wish. I wrote nothing but the truth. John is well and at school to-day. A good many have called to see him, and those who saw him when he could not walk or step, are surprised to see him going to school through snow and ice as fast and well as any of the other boys. He never complains but is always lively, singing most of the time, has a good appetite and sleeps well."

GENERAL DECLINE.

(For treatment to cure, see page 4.)

Mrs. Wells, of Davenport, Ia., wrote to us in January, 1883, saying that she needed treatment but did not know what her disease was, as it had puzzled the local doctors. For five months she had been "running down" gradually, having lost thirty pounds in weight during that time. She said she was not really sick, as she was about the house attending to her work all the time, yet she never felt well. She was constipated, suffered with pains in the back, headaches and a constant tired, languid feeling. We sent her a list of questions, and having thus obtained the previous history of the case, which all the other doctors had overlooked, we were enabled to prescribe a course of our New Method treatment, which in two months restored her former weight, health and vigor.

PAINS ALL OVER.

(For treatment to cure, see page 4.)

August 26th, 1884, Mrs. Mary Higgins, of Ludlow, Ky., called at our office complaining of derangement of the bowels and pains in the chest, side, head, bowels and in fact all

over her body. We gave her a supply of treatment and heard nothing more from her until March 16th, 1885, when she wrote as follows in reply to our letter of inquiry: "I received your kind letter of inquiry, and am happy to say that since taking your medicines I have enjoyed good health. I would have called in person, but circumstances prevented me. Depend upon it that I have been benefited so much by taking your medicine that I will not hesitate to recommend it to all my friends."

LOSS OF FLESH AND FRIGHTFUL DREAMS.

(For treatment to cure, see page 4.)

Mrs. Chas. Thompson, a married lady aged twenty-nine, of Oak Ridge, Ont., applied to us by letter Dec. 15th, 1884, complaining of frightful dreams, constipation, loss of flesh and general decline. We sent her one month's treatment, and it was more than a year before we heard from her again. Feb. 12th, 1886, we received the following: "I am sorry I neglected to answer your first letter of inquiry as to the result of your treatment. I am well satisfied with your prescription, as it has done me a wonderful lot of good. After taking the first few doses I felt like another woman. I am quite well at present."

CHRONIC PAIN IN THE HEAD.

(For treatment to cure, see page 4.)

April 9th, 1882, Mr. Otto Valentine, aged twenty-five, of 49 Pleasant St., Cincinnati, came under our New Method treatment for a chronic pain in the right side of the head. He had been afflicted several years; the right side of his head seemed to sweat more freely than any other part of his body, and the pain kept up steadily day and night. We cured him in one month. The last time we heard from Mr. Valentine was the 7th of July, 1884. On that date he wrote as follows: "I will now favor you with a report of my case, with which I had been suffering for several years. Your treatment completely cured my affliction and greatly improved my general health, as I have been well ever since using it."

DROPSY CURED.

(For treatment to cure, see page 4.)

Hon. Horace F. C. Dudley, of Boston, had been a victim of that terrible affliction, dropsy, for a number of years. Being in affluent circumstances, he sought the most eminent skill of the profession in Boston, but the usual remedies failed in his case and seemed to defy their ability to check the disease. Prof. Burke who had recently been cured of a severe bronchial difficulty, induced him to test a course of the New Method treatment, after a few months he reported that it "*worked like a charm and wrought a speedy cure.*"

A HEART REGULATED.

(For treatment to cure, see page 4.)

Alvin C., son of Mr. Caleb Hart, of St. Paul, Minn., as reported by his father (in a letter of April 10th, 1885,) was in a critical condition with heart disease, being confined to his bed for weeks, on account of the excessive

palpitation of his heart upon the slightest exertion, accompanied with faintness and swimming of the head. The family physicians and friends had despaired of his recovery. A course of the New Method treatment was ordered for him, April 22d, and on July 15th Alvin wrote us a grateful letter and authorized its publication, in which he said: "When father wrote you in April, I did not expect to ever be able to write another letter, but *I am well now*. Your New Method treatment proved a splendid heart regulator and afforded me almost immediate relief. My general health is better than before my heart trouble began. I feel very grateful for the valuable instructions you so kindly sent me. I wish every boy or young man could have the same valuable information."

BRONCHITIS AND NERVOUS PROSTRATION.

(For treatment to cure, see page 4.)

The cure of Mrs. Lizzie Morris, a well-known teacher of Louisville, Ky., was the result of our New Method treatment and faithful perseverance on the part of the patient. Mrs. Morris had tried several Louisville physicians before coming to us and like the majority of invalids that apply to us for treatment, she had exhausted every other known resource and had but little hope of being cured. Her trouble was a severe case of bronchitis and extreme nervous prostration which had been aggravated by her duties as a school teacher, to such an extent that she was frequently obliged to discontinue her work for two or three weeks at a time. She came under our New Method treatment, Aug. 6th, 1883, and was pronounced cured March 1st, 1884, after a course of seven months, during which time she was enabled to continue her work without interruption. Her entire nervous system underwent a radical change. All symptoms of bronchitis disappeared and her weight increased twenty pounds. More than two years later, May 1st, 1886, this lady was in the enjoyment of good health.

HEART DISEASE AND DROPSY CURED.

(For treatment to cure, see page 4.)

Mr. Oliver Holmes, of Syracuse, N. Y., wrote to us in January, 1880, stating that his wife, aged thirty-eight years, was in the last stages of dropsy, caused by valvular insufficiency. Six years previous she had an attack of indigestion, accompanied by palpitation and violent throbbing of the heart, which would be relieved as soon as the gas would arise from her stomach. She had been treated for dyspepsia for over a year by their family physician, but receiving no benefit she was taken to a celebrated sanitarium. The use of Graham bread, hot and cold water, massage, electricity, exercise and rest were all tried, but her symptoms grew worse, more complicated and threatening. Her feet and ankles began to bloat, her cheeks and lips became waxy and colorless; the wise doctor in charge then said that she had heart disease and dropsy, and that there was no hope for a cure. She was taken home to die, as she and her friends thought. At the

time her husband wrote he said "my wife's ankles and limbs have bloated as large as her body was before she was attacked by the dropsy, and her body twice the natural size, and she has been compelled to sit in an easy chair for over seven months, not being able to breathe when lying down. A council of physicians was held yesterday, and decided that she could not live a week. I have desired, and previously urged my wife, to correspond with you, or let me do so, but her brother, being a "regular" physician, prejudiced her against applying to an advertising doctor. But when it came to a chance of death in one week, or a possible saving of her life by trying the New Method treatment, I feel that I would be criminally negligent if I failed to order a course of treatment from you, as I shall do by telegraph immediately on receipt of your answer to this, giving decision and cost of remedies. I feel that it is hardly justice to ask your aid at this late day." We forwarded remedies in response to his telegram, received two days after mailing our answer to his first letter, and were gratified to learn, two weeks later, of a decided improvement in her condition. In six weeks she was able to attend church for the first time in two years. She continued the treatment for thirteen months, and was cured, and has been well and vigorous ever since.

WONDERFUL CURE OF RHEUMATISM.

(For treatment to cure, see page 4.)

Mr. E. P. Stacy, of Augusta, Me., was so prostrated and helpless with rheumatism that an invalid's chair was necessary to enable him to be moved about. He had long since despaired of being cured, but hearing of the astonishing cures effected by the New Method, he decided to try a three-month's course. The results were so satisfactory that he continued the treatment four months longer, and was cured. Mr. S. was afterwards instrumental in persuading several other persons to try the New Method treatment, and they were all in due time gratified with like happy results.

HEART DISEASE MISTAKEN FOR CONSUMPTION.

(For treatment to cure, see page 4.)

Rev. Charles Banks being in Colorado (to which place he had gone in search of health, by the advice of a Professor of throat and lung diseases in a New York Medical College) consulted us by letter in relation to a very annoying cough, accompanied by a pain in the chest, left side and back. At times breathing would be very difficult; speaking or any other exertion wearied him very much; his feet and hands would be alternately cold and hot. His cough was always worse after meals; his appetite poor and digestion bad, and was losing flesh and strength very fast. We sent him the New Method treatment for his heart, stomach and nerves, and after using the remedies three weeks he started to his home in the East. He afterwards ordered a three-months' course, which effected a complete cure, and he has enjoyed good health ever since.

ACUTE DISEASES.

VALUABLE ADVICE AND INSTRUCTION IN
REGARD TO SUDDEN ATTACKS AND
INJURIES FROM ACCIDENTS.

The most healthy men, women and children are subject to sudden attacks of disease and are never free from the liability of injury from accidents. Sudden attacks of disease may result from climatic influences, from over-work, over-eating and other imprudences or from infection and contagion; but the most common causes of sudden sickness result from "taking cold." A person may appear in vigorous health and yet take cold easily. But people do not take cold from slight exposure; if they take cold easily it is because the system is out of order and the circulation torpid. Such persons require skillful treatment, by which the integrity of the organism may be established and maintained. See articles on CONSUMPTION, page 75, and on CATARRH, page 88. Any person, however, is liable to take cold on extreme exposure.

Sudden attacks, or acute diseases, begin either with a chill followed by a fever, or with a cold stage followed by heat. Such attacks are usually accompanied by pain, more or less severe, in some part of the body, head or limbs. Sometimes pain is the first perceptible indication of the disease. In all cases where a person is suddenly prostrated by disease or accident, a physician should be called at once, because it is cheaper in the end; but in cases where it is impossible to secure the immediate services of a doctor, or where the attack or injury does not appear serious enough to incur the expense, the following hints, prescriptions and suggestions will be found of great value and should always be utilized faithfully in the absence of professional aid.

These formulas and plans of treatment are given as being good and efficient in the first stages of the diseases for which they are recommended. The articles or ingredients are not in all cases the very best, but they are the best that can be had in drug stores generally. The formulas are the best according to Regular (allopathic) Eclectic and Homoeopathic authority, and are admirably adapted for domestic use. We wish it distinctly understood that it is not the New Method system of treatment, but it will be found that more good can be done by the use of the remedies we herewith recommend than by patent medicines or any other system of treatment except the New Method Cure, which is only practiced in our establishment. In all cases of chronic disease or deformity application should be made to us at once. For particulars see page 4.

N. B. The following formulas and suggestions are for sudden attacks of acute disease and injuries only; in all cases where improvement is not rapid, and more especially where a patient grows worse, a physician should be called.

The following (formula No. 1.) can be prepared by any first-class druggist and will be

found very good in sudden attacks of biliousness, sour stomach, pains in the back, shoulders, arms, bowels, stomach and right side. If taken freely as directed, it will cure all recent cases, and like all cathartics will relieve and help any case in which the bowels are constipated, the liver torpid or the stools small and insufficient. It will not cure chronic cases, but neither will any of the widely advertised patent medicines. In regard to treatment for chronic or long-standing diseases and deformities, see page 4.

Formula No. 1. Cathartic.

Sulphate of Magnesia.....	1 ounce
Water.....	4 "
(or sufficient to dissolve)	
Tincture of Iodine.....	1 "
Fluid Extract Juglandis.....	2 "
" " Podophyllum.....	1 "
" " Golden Seal.....	2 "
" " Dandelion.....	8 "
" " Henbane.....	4 drams
Glycerine and Alcohol enough to make one pint.	

Mix. Dose: One-fourth to one-half teaspoonful, according to the age and size of the patient, at bed-time; the bottle should be well shaken before using.

Every family should have a bottle of the above prepared by a reliable druggist. It can be taken at any time and for any disease, where a laxative or a cathartic medicine is desired. It is a good blood medicine and also a good blood purifier, much better than any patent medicine.

Formula No. 2. Diuretic.

Bromide of Potassium.....	1 ounce
Water.....	1 "
(or enough to dissolve)	
Fluid Extract Buchu.....	4 "
" " Uva Ursi.....	2 "
" " Rhus, Aromatic.....	1 "
" " Digitalis.....	8 drams
Holland Gin enough to make one pint.	

Dose: One-half to one teaspoonful, according to age and size of patient. To be taken from 1 to 4 times a day. The bottle should be well shaken before using.

It will cure recent attacks, and will relieve and help any case of kidney disease or pain in the back much quicker than any of the advertised Kidney Cures, but bad and chronic cases can only be cured by the New Method treatment. See pages 115 to 120.

Formula No. 3. Fever Drops.

Fluid Extract Aconite Root (Parke, Davis & Co.).....	2 drams
Fluid Extract Gelsemium (Parke, Davis & Co.).....	2 "
Tincture of Veratrum Viride (Norrwood's).....	2 "
Syrup enough to make.....	8 ounces

Dose, for an adult: One-half teaspoonful, or 30 drops. Dose for a child of one year old, 5 drops. For a child 10 years old, 13 drops. Dose for one 15 years old, 22 drops; to be given every 3 hours, in any case of fever or inflammation, and should be continued until the fever subsides, and then continued at longer intervals.

Formula No. 4. Liniment.

Carbolic Acid.....	$\frac{1}{2}$ ounce
Oil of Peppermint.....	1 "
Tincture of Arnica flowers.....	4 "
Glycerine.....	1 "
Distilled Witch Hazel (or Pond's Extract) enough to make 1 pint.	

This liniment is good for sprains, cuts, bruises, burns, or any soreness or inflammation of any kind or character. To be applied freely to the parts at intervals of from 1 to 12 hours. It is not necessary to rub or bathe it in. Wet the part and if very tender cover with cotton batting. It is good for an internal medicine, for pains or cramps in the stomach or bowels, and will check vomiting. Dose for internal use; 5 to 25 drops in water, according to the age and size of the patient, to be repeated every 2 to 6 hours, until relieved. Carbolic Acid is not poisonous or dangerous in small doses if diluted. Ten drops of this liniment in a teaspoonful of hot water, used as a gargle will cure sore throat. 5 drops in a teaspoonful of hot water snuffed up the nose from the palm of the hand, will relieve catarrhal headache. One teaspoonful in a teacupful of warm water is a good injection for leucorrhœa.

Formula No. 5. Aperient.

The following is a good laxative, and is especially good in all eruptive fevers, and in mild or acute skin diseases.

Flour of Sulphur..... 1 ounce
Cream of Tartar..... 1 "

Mix well. Dose for a child from 1 to 5 years old, one-eighth to one-fourth of a teaspoonful; for a child from 5 to 10 years old, one-fourth to one-half teaspoonful; for an adult one-half to one and a half teaspoonfuls, according to age, size and strength of the patient. To be repeated every six hours, until the bowels move freely, and then once every twenty-four hours to keep the bowels free. It is harmless and does not, as some suppose, make one any more liable to take cold.

Formula No. 6. Healing Ointment.

Bees wax..... 1 ounce
Rosin..... ½ "
Carbolic Acid..... 1 dram
Fresh Lard..... 2 ounces

Heat the lard, rosin and bees wax slowly until melted and mixed, after it cools to blood heat, add the carbolic acid, and stir until it gets cool. Apply to cuts, wounds, sores or ulcers, once every twelve hours.

Formula No. 7. For Ague, Chills and Fevers.

Sulphite of Magnesia..... 2 ounces
Fowler's Solution of Arsenic..... 4 drams
Water..... 6 ounces
Fluid Extract Gelsemium..... 2 drams
Glycerine and alcohol enough to make one pint.

To be well shaken. Dose: 15 drops to one teaspoonful one hour after each meal, and a dose every 3 hours for 12 hours before the chill or ague is expected.

Formula No. 8. Cough Syrup.

Fluid Extract Lobelia Inflata..... 4 drams
" " Blood Root..... 6 "
Laudanum..... 4 ounces
Fluid Extract Black Cohosh..... 2 "
Oil of Cubebs..... 3 drams
Alcohol..... 4 ounces
Norwood's tincture of Veratrum Viride..... 3 drams
Glycerine enough to make..... 1 pint

Shake well every time before using. Dose, for an adult; one-half to one teaspoonful every 2 to 6 hours. Dose for children, 8 to 20 drops.

Any druggist can prepare the above, and it is much better and more efficient than any

of the widely advertised cough, asthma and consumption cures. It will cure any ordinary cough, and will help and relieve any cough, but will not cure chronic or long-standing cases. In regard to all cases of Consumption, Bronchitis, Asthma, etc., see article on CONSUMPTION commencing on page 75.

For the accommodation of our readers we will furnish at the office or ship by express, on receipt of the price, any or all of the remedies described in the foregoing formulas; or, they can be prepared by any competent druggist. The price that a druggist will charge for compounding the formulas, will depend upon the quality of the ingredients used. If first-class and fresh, the price should not be more than 15 per cent above the following list, and the articles cannot be compounded for less than the list price if first-class drugs are used and the formulas strictly followed. Any person calling at our office, for any of these remedies, should ask to see the druggist.

Our Cash Prices.

No. 1. Cathartic, pint bottle.....	\$1.60
" 2. Diuretic, pint bottle.....	1.60
" 3. Fever Drops, ½ pint bottle.....	.60
" 4. Liniment, pint bottle.....	1.30
" 5. Aperient Powder, 3 ounces.....	.30
" 6. Healing Ointment, 5 ounces.....	.50
" 7. Ague, Chills and Fever, pint bottle 1.00	
" 8. Cough Syrup, " " 1.50	

Or all of the above and 50 (2 grain) Quinine pills, and 50 Compound Cathartic pills (sugar coated) at one time, at the office, or shipped by express to any part of the United States, on receipt of \$7.50. Any article in the list can be had at our office or ordered by express at the price named. We use the very best ingredients.

How To Cure A Cold.

When you discover that you have taken a cold (and almost every one can discover it immediately) a teaspoonful of table salt should be taken at once; either take it dry or dissolve in a goblet or teacupful of water, and drink it. This should be repeated every night and morning. The salt must be used immediately on the first symptom of taking cold; after ten to twelve hours it will do no good. If you have been suffering with a cold for from ten to twenty-four hours, you should take from 1 to 3 grains of Dover's powder, or the eclectic diaphoretic powder, every four hours for two days, and a Seidlitz powder or a dose of salts on arising in the morning. On the second or third day you should take 2-grain doses of quinine, every three hours until six grains are taken. A hot bath or an alcoholic sweat may be taken at bed time. If the nose discharges freely or the throat is sore, snuff up the nose from the palm of the hand, a weak solution of salt water and gargle the throat; this should be done every 2 to 6 hours. In all cases keep the bowels free by taking epsom salts, Seidlitz powder, or the improved Compound Cathartic pill, dose from 1 to 3 at night. The above is in line with Regular (allopathic) Eclectic and Domestic treatment; the arti-

cles can be had at any drug store. The following is the usual Homœopathic treatment, for colds, etc.: Aconite 3x, globules No. 40, three every three hours; for cold attended with fever. Belladonna 3x, globules No. 40, three every three hours; if the face is red and flushed, with fullness about the head and throat. China, or Gelsemium to be taken the same way, if aching in the bones or muscles. Causticum, Pulsatilla, or Natrium; if the nose discharges freely or mucus accumulates in the throat. Nux, Phos, Rhus, Lycopodium and Sulphur and many other remedies are often indicated.

To Cure Chills and Fevers.

Ague and Fever; Malarial Fever, or old dumb ague; Third Day Ague, or any form of intermittent or bilious fever.

Take at bed time a sufficient dose of formula No. 1 to act freely on the bowels; then commence about eight hours before the time for the chill or ague, and take two grains of quinine, and half a grain of capsicum, or cayenne (red) pepper, every hour until six doses have been taken. This will usually stop or prevent the chill, but if it should come on, commence with formula No. 3. (fever drops, see page 176) and take as there directed, until the fever abates. Then repeat the cathartic dose of No. 1. at night, and the quinine and capsicum before chill time each day, until the chill or fever no longer recurs. After this take a dose as directed, of formula No. 7. one hour after each meal, every day except the 6th, 13th, 20th and 27th day after the last chill, ague or fever. On each of these days a dose of No. 7. should be taken every three hours to prevent a recurrence of the chill, fever or ague on the 7th, 14th, 21st and 28th day's; therefore the remedy should be taken every day, but more frequently on the day before the attack usually recurs. This line of treatment faithfully followed will cure any case of ague, chill or fever, or other malarial or periodic fever.

Typhoid Fever.

This like all fevers commences with a chill, or a cold stage. The fever as indicated by the temperature and pulse, does not run as high as bilious intermittent fever. The coating of the tongue is different, being red on the edges, brown and dry in the center, and yellow or white on the sides, between the brown strip in the center and the red edges. This fever is usually attended by dull or acute pain; it may be in the head, back, bowels, limbs or joints, sometimes there is no pain. The treatment should commence with a dose of No. 1. sufficiently large to act freely on the bowels,* after which give one or two grain doses of quinine every two hours for the first three days, and a dose of the fever drops (No. 3.) every three hours. In our experience typhoid fever can be aborted, but this must be done within four days at the most. This is a dangerous fever, and un-

less checked at once, is apt to run a tedious course; therefore if the above treatment does not check the disease at once, a physician should be called. This should be the rule in all fevers, because if the foregoing remedies are used as directed, and the fever is not broken within five days at most, it is evident that skillful treatment and strict attention to details and complications are urgently demanded. The foregoing treatment, we again repeat should be adopted for fevers in general, and especially where a chill or cold stage is followed by a fever or hot stage.

Scarlet Fever and Measles.

These are contagious diseases. Children are more liable than grown people though persons of any age may be attacked. Both scarlet fever and measles commence with a chill or cold stage, although this is liable to escape notice especially if the patient is a child. The first symptoms of these two diseases are very much alike and require similar treatment during the early stages.

Measles.

The first symptom noticed is chilliness and the usual indications of a simple cold; there is high fever the first day, but less the second; the head aches; the eyes become watery and sensitive to the light; sneezing sets in with discharge from the nose, hoarseness and cough. It is only in exceptional cases that the symptoms amount to anything. On, or about the third day the eruptions can be seen in the roof of the mouth and throat. The second stage commences about the fourth day, the eruptions appearing on the surface. This disease is so well known that a further description is unnecessary, because where there is any doubt, as to whether it be measles, scarlet fever, diphtheria or croup, an expert physician should be called. In all cases of either disease, a dose of aperient (formula No. 5.) should be given, and should be repeated every six hours, until the bowels act freely. Then give a dose of the fever drops (formula No. 3. page 176) every three hours as directed. Continue this treatment repeating the dose of the aperient No. 5. often enough to produce two free stools each day. Follow the above treatment and whether it be a man, woman or child, recovery is sure, and that without any bad after effects.

Scarlet Fever.

The first symptoms are repeated chills followed by heat and nausea, vomiting, violent headache and prostration. The fever rises very fast and is almost continuous; the pulse on the evening of the first day being often from 121 to 130 a minute; the temperature being often as high as 104 to 105 degrees Fahrenheit. No other disease shows such rapid increase in pulsations and temperature. The throat becomes sore, dry and hurts when swallowing; the throat is red and swollen, tongue coated but red on the edges. The eruptions show first on the neck, not in the face as in measles. The eruptions are more red and pointed than in measles; the deepest red being on the neck. Pressure

* Although it is contrary to commonly accepted theories to give a cathartic in typhoid fever, we know it is beneficial if given during the first 24 hours of an attack.

on the skin leaves a white spot, which grows red again almost immediately, from the periphery to the center; in measles it reddens from the center to the periphery. The eruptions remain on the skin from four to five days, during and after which time the skin itches intensely. Treatment: On the first indications of chill and fever give the aperient (formula No. 5, page 177) as directed, to be followed with the fever drops (formula No. 3, page 176) as directed. The body and all parts, where there are eruptions should be sponged with a saturated solution of Hyposulphite of Soda, to which should be added one dram of glycerine and ten drops of fluid extract belladonna leaves, to each ounce of the solution. Sponge the body and gargle the throat with this every three hours. It will relieve the itching. Deafness and discharges from the ears often result from measles and scarlet fever; such cases can only be cured by the New Method Treatment, for which see pages 158 to 161.

Diphtheria.

Usually commences with fever and soreness in the throat. The fever rises rapidly and is higher in the evening; after the fourth or fifth day the fever abates. During the first stages the throat and tonsils look red and inflamed, but soon patches appear, first on one tonsil then on both. Treatment: Give the diaphoretic powder (formula No. 5.) and fever drops (formula No. 3.) as directed in measles and scarlet fever. Gargle or spray the throat with the following:

Hyposulphite of Soda.....	1 ounce
Carbolic Acid.....	1 dram
Fluid Extract Belladonna.....	1 "
Water enough to make.....	½ pint

To be used every 1 to 3 hours, until the soreness and inflammation are relieved. It will prevent the formation of false membrane. Beef tea or beef, wine and iron, should be given three times a day to maintain the strength. If the patient is not well before the fifth day, call a physician.

Inflammatory Rheumatism,

Or Rheumatic Fever, commences with a cold chilly sensation, followed or accompanied by pain and swelling in some part of the limbs or body. Inflammatory or acute rheumatism is so well known, that a further description is unnecessary.

Treatment: Give a dose of the cathartic, (formula No. 1, page 176) as directed, and a dose of fever drops (formula No. 3, page 176) and a dose of (formula No. 2, see page 176) every six hours. (Formulas No. 2. and 3. can be taken both at the same time). Follow this treatment faithfully and it will cure any recent case of rheumatism, in from two days to two weeks. The patient should avoid all exposure, and the treatment should be continued until all pain and soreness have been removed. This treatment will help many cases of chronic rheumatism, but it seldom will cure old or long-standing cases. In all chronic cases see article on RHEUMATISM, pages 123 and 124.

Neuralgia.

In sudden attacks take a dose of No. 1. at night, and 2 grains of quinine every three hours, the day following, until 8 grains are taken. Apply the liniment (formula No. 4.) every three hours, and if this does not relieve write to us at once, for the New Method Cure, which never fails in old, bad, or long-standing cases of Neuralgia or Sciatica. See pages 125 and 126.

Headache.

Take No. 1. as directed, and if the head is hot, follow with No. 3. until relieved; if the head is cold, omit No. 3. and bathe the head with hot water. Headache generally comes from some remote or constitutional cause, and to cure, or prevent its constant recurrence, treatment must be adapted to correct the difficulty. See article on HEADACHE, pages 127 and 128.

Colic and Cholera Morbus.

Take a dose (Internally) of the liniment, (formula No. 4.) every hour until relieved, and a dose of No. 1. at night.

Croup.

Goose grease is the domestic remedy for croup, but in all cases we believe in abortive treatment. On the first indication, give the cough syrup (formula No. 8.) every hour, and also the fever drops (formula No. 3.) every hour; very small doses of each are preferable. If the breathing is difficult, prepare the following ointment: To 1 ounce or 3 tablespoonfuls of goose oil, or fresh lard, melted in a saucer, add a thimbleful of snuff or tobacco, stir it, and heat gently for ten or twenty minutes, strain, and when cool anoint the chest, neck and throat of the child, every two to six hours. This ointment can be used to apply to the stomach and bowels in cases of cramp-colic or cramps in the stomach and bowels.

Diseases of Women.

There are many patent medicines that are recommended to cure diseases of women, and although they may relieve, they never cure. In nearly all cases where ladies suffer with any disease peculiar to their sex, the disease is chronic, and to cure, treatment must be adapted to each particular case. We publish a small book (Part III.) which we will send in a plain sealed envelope, to any lady on receipt of three 2-cent stamps. This little book explains many things that would not be proper to publish in a general work. Ladies young or old, married or single, should send for this book at once.

For domestic self-treatment, the following remedies if used faithfully according to directions, will be found more beneficial than any or all the patent medicines advertised to cure diseases of women.

In all cases where the bowels are costive, take a dose of the cathartic (formula No. 1.) at night, and a dose of the diuretic (formula No. 2.) one hour before each meal; or No. 2. can be taken between meals and at bed time; and in case of nervousness or pain, it can be taken every three hours. Hot water

injections give relief in cases of inflammation or congestion, but are injurious if long continued. Never use hot water as an injection more than from three to six times during a month. Tonics: Iron is a good tonic, but should be used sparingly. A small amount of Citrate of Iron, Quinine and Strychnia is often very effective; any druggist can prepare it, but it should not be taken more than one or two weeks at a time.

It is better to write us a full description of your case, and be cured by the New Method treatment. For particulars in regard to treatment by correspondence, see page 4.

Diseases of Men.

All diseases, defects and disabilities that cannot properly be referred to in this book of general information, are clearly discussed in Part II, which is published in compact form and will be sent sealed in a plain envelope on receipt of three 2-cent stamps. Every man and boy should read this little book for it contains information never before published, and the advice and instruction it contains, if carefully heeded in time, may be worth more than a fortune to many young men in after life.

Lungs and Liver. Pneumonia, Etc.

After exposure, or from a hard cold: Symptoms: sensation of chilliness, with pain or soreness in the lungs or side; breathing is difficult, and causes pain and stitches. Treatment, take a dose of the aperient powder (formula No. 5.) and follow it with a dose of the fever drops every three hours, and a dose of the cough syrup (formula No. 8.) every three hours; apply the liniment (formula No. 4.) freely over the sides, lungs and chest, every three hours until cured. The fever drops (No. 3.) should be taken in doses large enough to produce a feeling of numbness or tension in the lips and a sensation of nausea in the stomach.

Whooping Cough.

Bromide of Ammonium..... 1 dram
Water..... 1 ounce
Fluid Extract Belladonna leaves..... $\frac{1}{2}$ dram
Syrup enough to make..... 4 ounces

Dose: 5 to 30 drops, according to age and size of patient; to be repeated every two hours.

Diarrhœa.

Sub-Nitrate of Bismuth..... 2 drams
Tincture of Opium, Camph. (Paregoric) enough to make..... 2 ounces

Shake well and give from 5 to 40 drops after each loose stool, until checked. If the diarrhœa is chronic write for the New Method Cure. See page 105.

Sores and Ulcers.

Keep the bowels free by nightly doses of the cathartic (No. 1.) or of the aperient (No. 5.) If tender and inflamed, apply the ointment (No. 6.) freely, at night. This will relieve almost any case, and will cure many that are of recent development; but in chronic cases our New Method Cure should be obtained without delay as it is the only system of treatment that invariably cures old sores,

ulcers and abscesses. See pages 140 and 143.

Cough in General.

Cough syrups and cough cures find a large sale. All cough syrups, cordials and mixtures, contain ipecac, lobelia, squills, or something that possesses emetic, and opiate or soporific properties. It will be found on taking any of them, that large and oft repeated doses will nauseate the stomach, or else produce a feeling of drowsiness; therefore cough medicines only tend to injury if long continued. The cough syrup (formula No. 8.) will relieve and cure any cough that can be cured by a single cough preparation. If you are troubled with a cough, try it or else try the homœopathic treatment for cough, and if not cured after three to five weeks, write to us for the New Method Cure. See page 4.

Dyspepsia and Indigestion.

Take of formula No. 1. a sufficient quantity, every day, to produce from one to three evacuations of the bowels, and if not well after three to five weeks, write to us for a course of the New Method treatment. Dyspepsia and indigestion are generally chronic and require special remedies adapted to meet all indications in each individual case. See page 103.

Injuries and Accidents.

For valuable instructions about what to do in case of injuries, accidents and emergencies, see article beginning on page 201. See also formulas No. 4 and 6.

The Mild Power Cures.

From long observation and familiarity with the various schools of medicine and healing as set forth in the article on THE PROGRESS OF MEDICAL KNOWLEDGE commencing on page 5,—we have no preference for any particular "pathy." There is good in all, and a judicious selection from each will effect more favorable results, than can be obtained by either one, to the exclusion of all the others. We therefore introduce some valuable suggestions and instructions for the treatment of diseases, by the homœopathic method. Homœopathy does not consist, as some suppose, in small doses, but in what is claimed to be the law of medication, which in plain English is "like cures like." It does not mean that that the same thing or cause, that will produce a disease, will cure it; but that if any medicine or thing given to a healthy person, in large doses or for a long time, will produce symptoms of disease, a small portion of the same will cure any disease having a symptom similar to that produced by large or long continued use of the drug. It has been proven in thousands of cases that small doses, given according to this indication, are more effective than large doses. The medicine must be selected by some symptom or indication, and it is not claimed that the symptom is the disease, but that the action of the disease produces symptoms in certain parts and organs, and that the specific remedy, is that which would produce a similar symptom in a

healthy organism. The medicine, if given in small quantities, will act on the disease through an organism made sensitive by disease, but if there be no disease it will be inactive, being too mild to affect a healthy organism; hence it is that high dilutions or potencies are harmless,—they do cure but never kill, and if the potency be as high as the third dilution, it makes but little difference, whether you take one drop or fifty, or one globule or a hundred. The greatest error that homœopaths make, in our opinion, is their opposition to cathartics, tonics, nervines, sedatives, liniments, lotions and ointments; another is their sticklish opposition to mixing or combining. The most ethical will alternate remedies; then why not mix them? They admit that good often results from mixtures but claim that only one remedy, acted and that all the others were superfluous; and one professor of *Materia Medica* maintains that the superfluous medicine is capable of doing harm. What harm can either *Aconite* or *Drosera* do, in a high dilution? Such assertions lay the foundations deep and broad for ridicule. Mix the third decimal dilutions of one hundred different remedies, and with eight drops of this mixture, saturate one dram of globules (six drops is usually enough to saturate or medicate one dram of globules) and give them to a baby to eat and they will do no harm; and just here we wish to add that one dram of globules, saturated with a third decimal dilution of any article named in the following list, would not injure any well person, therefore do not fear that you may do an injury. Give the remedies according to your best judgment; if you select the proper remedy, it will cure, and if it does not cure it will not injure.

Homœopathic Remedies for Cough.

The following remedies should be used, or preference given to them in the order in which they are named. The dose should be from 4 to 7 No. 25 globules, repeated at intervals of from 1 to 12 hours. Two or more remedies can be used in alternation or good results can be obtained by mixing two or more remedies. This, however, is considered quackery by ethical homœopaths, but we believe the mass of sick people, are more desirous of good results than of strict compliance with any theory.

Aconite is good for coughs and colds in general, but more especially for colds accompanied by pain, fever, thirst or expectoration of blood, and for the first stages of catarrh.

Alumina is best for chronic cough in thin or old people, and especially where the cough is short, quick, hard and tearing with tickling in the throat, or where the expectorations are tough scant and difficult.

Arsenicum, *Arnica* and *Belladonna* are also good for the above described cough especially when it is worse at night, with a feeling of constriction in the throat.

Bryonia should be used when the cough is worse in day time, from cold air, on motion and for bronchial coughs in general.

Calcareo Carb. is best for the cough of con-

sumptives. The following with many other remedies are prescribed for cough as variously indicated: *Carbo. Veg.*, *Cham.*, *Hep. Sul.*, *Kali. Carb.*, *Merc. Cor.*, *Natr. Mur.*, *Nit. A.*, *Nux. Vom.*, *Phos. Carb.*, *Pulsat.*, *Sepia*, *Silicia*, *Sulph.*, *Ver. Vir.*, and many others.

Homœopathic Remedies for Other Diseases.

We give herewith the homœopathic remedies for the more common acute ailments occurring in families and requiring domestic treatment. When two or more remedies are mentioned, turn to the *HOMŒOPATHIC MATERIA MEDICA*, page 182 and compare them, selecting for use the one that covers the most of the symptoms. If there are two that seem equally well adapted to the case they can be given alternately, two or three hours apart.

DOSE:—Five of the ordinary sized globules, No. 25, or a drop of the dilution in a little water, or a powder the size of a soup bean; for an adult; children in proportion. The medicines should be given every two hours or oftener according to the severity of the attack.

Asthma—*Arsen.*, *Ipec.*
Bilious Affections—*China*, *Merc.*, *Podo.*
Boils—*Hep. S.*, *Sulph.*
Bruises—*Arnica.*
Burns—*Arnica.*
Bronchitis—*Phosphorus.*
Canker of Mouth—*Mercurius.*
Catarrh—*Arsen.*, *Merc.*, *Nux.*, *Puls.*
Chapped Hands and Lips—*Calendula.*
Colic—*Chamomilla*, *Colocynth.*
Colds—*Acon.*, *Arsen.*, *Bell.*, *Bry.*, *Ipec.*, *Merc.*, *Nux.*, *Puls.*, *Phos.*, *Tart. Emet.*
Congestion of Head—*Bell.*, *Nux.*
Constipation—*Bry.*, *Nux.*, *Podo.*, *Sulph.*
Cough—*Acon.*, *Arn.*, *Bry.*, *Cham.*, *Ipec.*, *Phos.*, *Spong.*, *Tart. Emet.*
Croup—*Acon.*, *Hepar. S.*, *Ipec.*, *Spong.*, *Tart. Emet.*
Cuts—*Calendula.*
Debility—*Arsen.*, *China.*
Delirium—*Belladonna.*
Dentition, difficult—*Calc.*, *Cham.*
Diarrhœa—*Arsen.*, *Bry.*, *Calc.*, *Cham.*, *China.*, *Colocy.*, *Merc.*, *Podo.*, *Puls.*, *Verat.*
Dysentery—*Merc. Cor.*
Dyspepsia—*China.*, *Nux.*
Earache—*Cham.*, *Puls.*
Erysipelas—*Bell.*, *Rhus.*
Falling of the Bowels—*Podo.*
Fever—*Acon.*, *Arsen.*
Gumboils—*Merc.*
Headache—*Bell.*, *Ipec.*, *Nux.*, *Podo.*
Heartburn—*Nux.*, *Podo.*
Hemorrhage—*Hamamelis.*
Hoarseness—*Cham.*, *Hep. S.*, *Phos.*, *Spong.*
Hysterics—*Coff.*, *Puls.*
Indigestion—*China.*, *Nux.*, *Puls.*
Inflammation of Eyes—*Bell.*, *Merc.*, *Sulph.*
Inflammation of Lungs (Pneumonia)—*Acon.*, *Bry.*, *Phos.*
Influenza—*Acon.*, *Arsen.*
Intermittent Fever—*Arsen.*, *China.*
Jaundice—*China.*, *Merc.*
Liver Complaints—*Bry.*, *Merc.*, *Podo.*

Loss of Appetite—China.
Low Spirits—Bry., Podo.
Measles—Puls.
Mumps—Merc.
Nausea—Ipec., Puls.
Nervous Affections—Bell., Coff., Puls.
Night Sweats—China.
Old Sores—Calendula Cerate.
Piles—Hamam., Nux., Sulph.
Pleurisy—Bryonia.
Pneumonia—Acon., Bry., Phos., Tart. Emet.
Rheumatism—Bry., Rhus.
Scarlet Fever—Bell.
Sick Headache—Ipec., Nux.
Sore Eyes—Bell., Merc., Sulph.
Sore Throat—Bell., Merc.
Scrofulous Affections—Calc., Sulph.
Sprains—Arnica, Rhus.
Strains—Arnica.
Scalds—Arnica.
Skin Diseases—Ars., Sulph.
Suppression of Menses—Puls.
Teething Troubles—Calc., Cham.
Toothache—Bell., Merc.
Thrush—Merc.
Typhoid Fever—Ars., Bry., Rhus.
Vomiting—Arsen., Ipec.
Whooping Cough—Bell., Ipec.
Wounds—Calendula.
Worm Affections—Cina.

Homœopathic Materia Medica.

For the further instruction of our readers in the line of domestic treatment we give herewith, the principal uses of the most important homœopathic remedies. For directions about how to obtain these medicines see page 183.

Aconite—Chiefly at the commencement, and often in the course of all feverish and inflammatory affections. Special indications are thirst, and dry, hot skin, chills and shiverings, succeeded by burning heat, strong, rapid pulse, restlessness, anxiety, flushing of the face; quick or labored breathing; dry cough with fever; deficient, hot and high colored urine; first stage of cold in the head, cramp, etc. Aconite should be given frequently—every twenty to sixty minutes.

Arnica, (Internally)—Affections resulting from injuries, as the shock to the nerves from a fall or blow; the weariness and straining of the muscles from over exertion, heavy lifting, long fits of coughing, etc. A drop of the tincture in a tumbler of water, teaspoonful doses every half hour till relieved.

(Externally)—the tincture is useful for bruises, strains, sprains, burns and scalds. Should be diluted with four parts of water.

Arsenicum—Influenza; Asthma; wheezing breathing; intermittent and typhoid fevers, with great thirst and debility; vomiting or diarrhoea, accompanied by great weakness and burning pains in the stomach or bowels; catarrh, with watery, acrid discharge; eruptions of the skin, with burning and watery fluid; obstinate ulcers, with burning and itching

N. B.—Arsenic acts best in the 6th to the 30th potency.

Belladonna—Inflammatory diseases characterized by bright redness of the parts, pain,

intolerance of light and sound. After Aconite, or in alternation with it, in inflammation of the eyes, with dilated pupils, dread of the light, etc.; sore throat, with redness and sense of rawness; toothache, with throbbing and congested face; complaints marked by congestion of the head, or attended with convulsions, neuralgia or delirium; simple scarlet fever; erysipelas (not vesicular); headache, pain in the forehead, with throbbing and redness of face and eyes, and worse by movement.

Bell. is a preventive of scarlet fever if taken once a day during the epidemic. *Bell.* acts best in most cases in the 6th potency.

Bryonia—Pleurisy; pneumonia; dry severe cough, with tickling under the breast bone; cold in the chest, stitching and shooting pains in the chest, worse by coughing or deep inspiration; morning diarrhoea; rheumatism of the joints; rheumatism, aggravated by movement; constipation from inertia of bowels; irritable temper, with depression of spirits, from derangement of the liver.

Calcareo—Scrofulous and rickety affections of children; difficult and delayed dentition; diarrhoea of infants, with chalky stools or with want of power to assimilate food, and consequent emaciation.

Calendula—The tincture diluted with four parts or more of water, has a wonderfully healing power when applied to cuts and lacerated wounds. The Calendula cerate is an excellent application to heal old sores, and the Calendula jelly is considered by many the best preparation for chapped hands and lips ever known.

Chamomilla—Difficult dentition, the gums swollen and sensitive, one of the cheeks red and hot, the child irritable, diarrhoea of children, from cold or teething, with watery, slimy, green or yellow stools, preceded by cutting pain; catarrhal cough of children, with hoarseness and rattling of mucus in the throat; infant's colic; ear-ache from cold.

China—Debility, with disposition to sweat, resulting from exhaustive discharges, loss of blood, diarrhoea, prolonged nursing, sexual excesses, etc.; night sweats; summer diarrhoea, when the stools are mixed with undigested food; loss of appetite; jaundice; intermittent fever.

Cina—Worm affections in children, indicated by picking at the nose, unnatural appetite, fretfulness, itching of the anus, restless sleep; fever, with hot, dry skin, no thirst, and restlessness in children troubled by worms, and which is not relieved by Aconite. For the worm fever *Cina* 200th is best; for the other troubles, *Cina* 3d.

Coffea—Nervous suffering of hysterical women and highly excitable children; morbid sensitiveness and over-excitement of the nervous system, such as comes from hearing joyful tidings.

Colocynth—Colic, with griping and flatulence; diarrhoea and griping colic.

Hamamelis—Hemorrhages from veins; painful and bleeding piles. *Hamamelis* lotion, or distilled extract of *Hamam.*, is an excellent application to all inflamed sur-

faces, and especially for protruding piles. The Cerate of Hamam. is much in favor for piles.

Hepar Sulphur—Inflammatory affections of wind-pipe, wheezing breathing, hoarseness, croupy tendency; to promote suppuration of boils and abscesses.

Ipecac—Spasmodic asthma, especially night attacks; whooping cough, with spasms and rattling breathing; cough, with great oppression of the chest and choking up with mucus; croup in same stage; nausea, or nausea and vomiting, from simple derangement of the stomach; sick headache, at first attack, (five drop doses of the strong tincture in one-half glass of water, repeated in half an hour if necessary, will break up an attack).

Mercurius—Swelling of the glands, as in mumps, (for which it is a specific); sore throat, with swelling, pain, difficult swallowing and ulceration; thrush; canker of the mouth; toothache, with ulceration or disposition to it (shown by gum boils); jaundice, yellowness of skin and white of eyes; sore eyes, the lids sticking together in the morning; diarrhœa, with frequent bilious discharges and straining and urging at stool; torpid liver; catarrh, with profuse secretion of mucus; sneezing cold of infants—"snuffles."

Mercurius Corros—Dysentery, with straining at stool, burning in the bowels and discharge of bloody mucus.

Nux Vomica—Constipation, with ineffectual desire for stool; heartburn; waterbrash; flatulence, of a spasmodic character; headache, with giddiness, congestion of face and constipation; sick headache, of a periodical nature, headache from mental weariness, or from want of physical exercise, or from over eating, or after intoxication; catarrh, cold in the head, with stoppage of the nasal secretion, causing headache; piles, a dose at night, followed by Sulphur in morning, repeating several days.

Phosphorus—Pneumonia; chronic bronchitis; hoarseness, with loss of voice; dry cough, with sharp pain in the chest. If fever is present, give Aconite alternately with it for a short time.

Podophyllum—Childrens' diarrhœa, with clay-colored stools; falling of the bowels; torpidity of the liver, causing dull feeling of the head, depression of spirits and constipation; irregular action of the bowels, frequent urging with small stools; heartburn; bilious diarrhœa, with griping. For the affections of infants, the 2d trituration is best; for bilious affections of adults, the 3d decimal trituration of the *Podophyllum* is most useful.

Pulsatilla—Indigestion, from fatty food; simple diarrhœa, from indigestion and without pain; measles (in which it is a specific); sty on eyelid, if given at first symptoms, earache of children, with gathering in the ear; hysterical condition of women; suppression of menses, or delay, from taking cold or similar causes; catarrh, with yellow-greenish discharge from nose.

Rhus Tox—Rheumatism, worse during rest, but relieved after a little exercise; erysipelas,

of the vesicular kind; also in severe sprains of tendons and ligaments—aided in its action by application of a lotion made from the tincture.

Spongia—Croup, alternately every half hour with Aconite, in the early stage; dry, hard, barking cough, worse at night; hoarseness, with dry cough and difficult breathing; croupy cough.

Sulphur—Boils, curing and preventing; scrofulous sore eyes; piles and chronic constipation (alternately with Nux); skin eruptions, with itching, which is relieved by scratching, and aggravated by warmth of the bed. Not lower than the 6th potency should be used.

Tartar Emetic—Small pox; cough, with accumulation of mucus on the lungs, which cannot be loosened.

Veratrum—Diarrhœa, with violent vomiting and cramps; Asiatic cholera.

How to Obtain the Remedies.

The foregoing medicines can be bought at any homœopathic pharmacy in either large or small vials and in any of the three forms, globules, liquid or powder. The following are the prices for single vials:

1 dram vial.....	10 cents
2 " ".....	15 "
½ ounce ".....	25 "
1 " ".....	40 "

If ordered by mail, the postage and mailing box will add about 5 cents to the price. Liquids cannot be sent through the mails, so if you wish the remedies sent by mail you should order globules or powder. For the accommodation of our readers we will send a case containing 24 two-dram vials, filled with No. 25 globules, medicated with the remedies named under the head of HOMŒOPATHIC MATERIA MEDICA, with a book of directions, by mail for \$2.50, or by express for \$2.70; or we will send any five remedies (2 drams each) by mail for \$1.00. Remit by Registered letter or Postoffice Money Order.

Take Notice.

We wish our readers to remember that the formulas and directions for treatment given in the foregoing pages are for sudden attacks of acute diseases, and if the patient grows worse the family physician should be called in all cases. If the disease is chronic or considered incurable write to us for our opinion and advice. See instructions on page 4.

Written Prescriptions For Acute Diseases or Accidents Only.

We will write prescriptions and give professional advice in cases of acute diseases or accidents, for a fee of \$1.00, either in person at the office, or by letter. We never make calls or attend cases of acute diseases, accidents or confinement, at the homes of the patients. We do strictly an office business. If you call, in case of acute disease or accident, you must pay one dollar, and if you write to us you must enclose \$1.00, for which you will receive a written prescription and advice, for acute diseases or injuries only. We write prescriptions and give advice for acute diseases merely for the accommodation

of our readers who frequently request our services in cases that should ordinarily be attended to by the family physician. We have therefore made a uniform price of \$1.00 in such cases so that delay in securing the prescription may be avoided, by sending the fee with the first letter.

Chronic Diseases and Deformities.

We consult with all persons, who are afflicted with chronic diseases or deformities, free, either in person or by letter. If treatment is desired, and we believe the person curable, we will state the price by the month; we never furnish treatment for less than one month at a time. If the invalid is not willing to pay our price, he is not compelled to do so: no charge is ever made and no person is under obligation to pay unless the price is mutually agreed upon before hand. We invite all sufferers to call or write, and investigate our New Method Cure. Whether you take treatment or not, is left entirely with you. Where treatment is desired we furnish everything, and all expense is covered by the price named, therefore the remedies and instructions must be paid for in cash when delivered, at the beginning of each term of treatment, and no additional charge will be made for additional remedies or professional services, during the month or term of treatment paid for. We never write prescriptions for chronic diseases or deformities.

Analysis of Urine.

As the character of the urine is specially affected by a great variety of diseases, a careful analysis is often the surest guide to a correct diagnosis. We have therefore provided our New Method Cure establishment with all the most improved facilities for making chemical and microscopical examinations—powerful microscopes, polariscopes, spectroscopes, etc., and all the chemical appliances and preparations necessary for making scientific qualitative and quantitative analyses of urine. Persons who have reason to suspect rheumatism, dropsy, malaria or any lurking disease of the kidneys, bladder, liver, nerves, etc., should send us a small bottle of urine for examination. In the case of a patient who orders treatment from us there is no charge for the examination; we make it for our own satisfaction, and as a part of the investigation required to enable us to prescribe the proper remedies and treat the disease successfully. But in case of a person who desires an analysis for his own satisfaction, or to enable some one else to treat him, we make a uniform charge of three dollars for our time and expense. If, however, the patient should afterwards desire to come under our care, the amount paid for analysis of urine will be deducted from the price of the first course of treatment.

How to Send Samples of Urine.

Remember that liquids cannot be sent through the mails in bottles or in any other way except in boxes made for the purpose, with metallic covers, which must be her-

metically sealed. We have always heretofore instructed invalids to send samples of urine by express, prepaid, as that is ordinarily the only reliable means of transmission within reach. Now, however, we are supplied with mailing cases, approved by the postoffice department, which we can send to our patrons at the small cost of ten cents each. Send us five two-cent stamps and we will send you one of these cases with instructions how to seal and return to us with sample of urine. This will be the cheapest and most satisfactory mode of transmission, but if you prefer you may send by express prepaid.

Skill Costs Time and Money.

In the preceding pages we have given careful advice for the treatment of acute diseases in cases where the services of a physician cannot be conveniently obtained, and for further information we refer the reader to the article on EMERGENCIES, page 201. The advice we have given on acute diseases may save many doctor bills and many days of sickness, but it costs time, money and hard study to acquire skill in treating chronic diseases, and it is impossible to furnish mere instructions which would enable chronic invalids to cure themselves, because in such cases the best remedies and the highest degree of proficiency in the healing art are necessary. We have spent thousands of dollars in money, and years of valuable time in obtaining our special knowledge of chronic diseases and our facilities for successful treatment; we must therefore have a fair compensation for our services. Yet our charges are not high. We have all the best facilities, do a cash business, buy at wholesale and pay cash for everything we get. We are therefore able to treat our patients at the very lowest price consistent with the cost of pure remedies and superior skill.

How Doctors and Druggists Make Money

The regular doctors and the druggists work together for their mutual benefit. They usually have an arrangement among themselves by which the doctor gets a specified commission on all the prescriptions he sends to the druggist to be filled. This is an inducement for the doctor to make his patients change medicine as often as possible, and consequently he not only puts them to a great deal of unnecessary expense, but often delays their recovery. A good doctor will give the right prescription at first, and when the right prescription is given, it should be continued until some change in the patient's condition indicates other remedies. Changing prescriptions every few days or every week is only a scheme for making money. In long-standing cases a change of medicine is seldom necessary during the first month's treatment, and in the majority of cases no change is required. We never change prescriptions unless the case demands it. We thus save our patients a large share of the price they would have to pay other doctors, and at the same time give them more satisfactory treatment.

CARE OF THE SICK.

PLAIN, PRACTICAL RULES AND SUGGESTIONS WITH WHICH EVERY PERSON SHOULD BE FAMILIAR.

Almost every person is liable to be called upon at some time to perform the duties of a nurse by attending to a sick friend or relative; and as the recovery of a sick person often depends as much on good care and judicious nursing as on the skill of the physician, everyone should know something about the proper management of a sick room. There are many books and articles on this subject but the advice and instruction which the most of them contain, while it may be good and proper in its place, can seldom be utilized under ordinary circumstances. These books on nursing usually recommend elaborate methods, means and appliances, that are out of the reach of common people, and those who attempt to follow the rules prescribed are often at a loss to know how to act for want of the necessary paraphernalia. The best means and appliances that can be adopted and the best rules that can be followed in hospitals and in the homes of the affluent where every desirable adjunct may be supplied, are seldom available in the homes of the poor or even of the moderately well-to-do. We shall therefore confine ourselves to such instructions as may be of practical value to all classes.

Room, Furniture, etc. For a sick room most authors recommend a large apartment with no carpets on the floors, no paper on the walls and no furniture except a bed, two or three chairs, a stand and table. It will be apparent to all how cheerless and uncomfortable such a room must be under ordinary circumstances. Where the rooms are built and especially arranged for the care of invalids, as in hospitals, this theory is not objectionable, for the floors and furniture can be polished, the walls painted in the most desirable color and the apartments kept at an even temperature by some heating apparatus of sufficient capacity; and, where a large number of persons, suffering with different diseases, are kept under one roof, there should be as few articles as possible, in the way of furniture, carpets, etc., to absorb infectious and poisonous exhalations. But in the sick room at home the conditions are different and the same system is seldom feasible. A large room is not always available and even where such a room can be had it is often difficult to keep up an even temperature, especially in winter, with the ordinary heating facilities. Then if the furniture and carpets were removed the place would be about as cheerful and comfortable as a barn, for the invalid. Yet people often subject patients to such absurd conditions in trying to follow the advice of well-known authors. We say, be reasonable and judicious. Make the best use of the facilities you have and do not try to ape elaborate methods that are beyond your reach. An ordinary or even small-sized room can be properly ventilated, and where there is but

one sick person in the house there is no danger from a clean carpet and comfortable furniture. The paper on the walls should be plain and of a light cheerful color. Patterns and figures of intricate design weary the eye when a person is obliged to look at them hour after hour.

Heat and Ventilation. As different cases require different degrees of warmth, the temperature of the sick room should be prescribed by the physician, if there be one in attendance, and the person who performs the office of nurse should use a thermometer as a guide in following his instructions. Ordinarily, the room should be cooler at night than during the day. In regard to ventilation, see article on page 28. It should be remembered that a sick person will vitiate more pure air in a given time than one in health, therefore, there should be ample facilities for renewing the atmosphere of the room, but while endeavoring to accomplish this object the best precautions should be used to prevent draughts and changes of temperature. The plan of admitting the pure air after it has been warmed in an adjoining room, or the one of introducing it from without behind protecting curtains, as described in the article on VENTILATION, should be adopted, according to whichever is most feasible.

Light is a great desideratum for sick people as well as for those who are in good health. The bed, furniture and curtains should be so arranged as to admit the sunlight without causing an unpleasant glare.

Conduct of the Nurse. It is unnecessary to say much on this subject. Every person who assumes such a position even for a few days, or a few hours, ought to be prepared to exercise patience, gentleness and forbearance. Sick people are usually whimsical and irritable and must often be humored in their whims and foibles. However, firmness must be combined with gentleness in the execution of all essential duties. In dress the nurse should avoid both somber and flashy colors, and choose some soft light material that will neither weary the eye or produce a rustling sound. Creaking shoes are objectionable anywhere, and in a sick room they are intolerable.

Cleanliness does not prevent disease, as many people believe, through the statements of careless writers. But cleanliness should always be maintained because it is the natural and proper condition. Dirt is *dangerous* because it absorbs and retains poisonous exhalations, thus conveying and propagating disease. Dirty clothing and soiled articles of every kind should be promptly removed from the sick room, and in fact, from all apartments that are used either as living or sleeping rooms. The clothing absorbs a large amount of animal matter that is thrown off through the pores of the skin. In case of a sick person this matter is increased both in quantity and in its deleterious qualities. In certain diseases the sick room may become pervaded with injurious and offensive odors which cannot be overcome by the most

scrupulous cleanliness and the best ventilation combined. Under such circumstances disinfectants must be used. For this purpose, chloride of lime is easily obtained, cheap and effective. Dissolve about two teaspoonfuls in a pint of water; saturate a towel or napkin, wring it just dry enough so it will not drip, and hang up in the room; place the remainder of the solution in saucers, pans or some kind of shallow vessels, on the floor. From ten to thirty minutes will usually be sufficient to disinfect a room by this method.

Administration of Remedies. When a physician is employed his instructions should be faithfully observed. The nurse in attendance on the patient should be careful to fully understand and implicitly follow all the directions, both in regard to the administration of remedies and the observance of hygienic regulations. To employ a physician and then neglect or disregard his instructions, is both foolish and unjust. If the patient, family and friends have not confidence enough in the doctor to submit to his judgment and skill, they should dismiss him at once. To prevent mistakes, external applications and internal remedies should be kept separate, and the directions on each bottle should be carefully noticed every time before giving a dose.

Food. The proper kind and quantity of food for a sick or convalescent person is often a question of great perplexity, and the more rules that theorists lay down, the greater the perplexity becomes. It therefore appears that specified rules of diet are superfluous and worthless for invalids as well as for those in good health (see article on DIET, page 16). Ordinarily the patient's appetite is the best guide. This may appear like a new and suspicious doctrine to those who have been taught that it is necessary to withhold the articles of food and drink that sick persons most desire, yet we believe that even the most bigoted of the "pathy" doctors are gradually accepting and adopting our view of this question. Not many years ago these same doctors would not allow a person suffering with a burning fever to have a drop of cold water to cool his parched lips—the only thing that the tortured patient could have any relish for. Now, all acknowledge that cold water and ice are beneficial rather than injurious in fevers. We believe that just as great mistakes are made about the supposed injurious effects of other articles of food and drink as was made in the past in regard to the use of water, and in time, even the prejudiced portion of the medical profession will find it out. Of course, there are times when the patient's appetite cannot be gratified. The article which he craves may not be compatible with the medicine that has been prescribed, and for this reason the physician should always be consulted before giving anything in regard to the effects of which there may be a doubt. For instance, many persons while sick, and especially when on the verge of convalescence, have a craving for pickles or something sour. We

believe that as a rule such cravings should be gratified, but as pickles are strongly acid, they will interfere with the proper action of a great many remedies in common use; therefore, the physician should be asked whether he is giving medicine that would be counteracted by such articles as the patient craves. A sick person may have a craving for something that would be injurious in his condition, just as a well person may have a craving for tobacco or alcohol, but we do not believe that such cases are common. Morbid appetites are usually acquired and not spontaneous. We could relate many instances to show that patients often crave articles that would be beneficial, yet which are prohibited through an ignorant belief that they are hurtful: A gentleman just recovering from a severe attack of typhoid fever, had an unconquerable desire for pickles. He got a pickle and ate it; his craving was satisfied and he felt much improved. A boy about twelve years of age, a farmer's son, living in Monroe Co., Mich., several years ago was kicked in the abdomen by a horse, and a severe case of peritonitis resulted. The best physicians in the county were summoned, but said the boy must die, that nothing could be done for him. The father then called one of our surgeons, told him the circumstances and said if his son had to die he wanted to do everything that possibly could be done to relieve him while he lived. The little sufferer had an unaccountable desire for beer, and our surgeon ordered that he should have as much as he wished. The result was a complete recovery to the unspeakable delight of the parents and the inexpressible astonishment of the other doctors. The natural conclusion in these cases is that what the patient's appetite craved, was just what nature required to aid her in the restoration of health. We know of many other like cases which we have not space to quote here, but all of which sustain the position we have taken.

If a sick person's craving for any particular article is to be gratified, it should be done at once, as the appetite is likely to change suddenly with the first change in the disease, and if there be a delay in the preparation of the food, the benefit which might be derived from its use, will be lost. Patients should not be urged to eat when they have no appetite. The system usually revolts against nourishment that is forced upon it. In some cases of delirium and insanity, forcible feeding is necessary, but in such cases the physical sensation of hunger is present, and the patient refuses to eat from some mental hallucination.

The foregoing observations are mainly applicable to acute cases. In chronic diseases where a particular end is to be attained by a specified regimen, as in corpulency, dyspepsia, consumption, etc., each patient requires special instructions adapted to his condition. We furnish such instruction to all our patients as they require it. In regard to the preparation of food, see next page, also last paragraph on page 19.

COOKING.

THE ART OF COOKING AS IT RELATES TO HEALTH.

In the article on **FOOD** we have discussed the requirements of the system and the nutritive qualities and digestibility of various articles. In that chapter we have also given some general instructions in regard to the preparation of food, see page 19. As the best and most nutritive meats, vegetables and other articles may be spoiled in the cooking, this is an important subject, both as regards health and domestic economy; yet, as we have previously remarked, cooking is an art in itself, requiring knowledge and experience. No person can become a good cook except by careful attention and continued practice. We therefore devote this portion of our space to useful recipes for cooking and preparing the most important articles of diet in palatable and digestible forms.

SOUPS.

BEAN SOUP:—One quart of dry white beans, soaked over night, put on the fire as soon as possible in the morning, two and a half pounds of lean, fresh beef, cut up and all bones broken, with one-half pound of bacon. Season with pepper and pour on three quarts of water. When boiled skim off the grease and put on the beans, first draining them, a half tablespoonful of celery seed, or half a head of fresh celery. Boil slowly and then strain through a colander. Use toasted bread in serving up.

VEGETABLE SOUP:—Pare and slice finely, six common sized onions, two large yellow turnips, one head of celery and the red part of two carrots. Put into a stew-pan with water and one ounce of butter and cover closely. Boil three hours, skim and strain.

BEEF SOUP:—One pound of beef, cut fine, one turnip, one carrot, one onion, and a half head of celery, all chopped small, two quarts of water. Boil all in a covered stew-pan four hours, season with salt and pepper and it is ready to serve.

OYSTER SOUP:—One quart beef or mutton broth, three dozen oysters, one ounce butter and a little flour. Scald the oysters in their own liquor, then add it to the broth; thicken with flour and butter; simmer for fifteen minutes. Put in the oysters, stirring well; do not let it boil. Serve hot.

BEEF TEA:—Cut a pound of fleshy beef in thin slices; simmer with a quart of water twenty minutes, after it has once boiled and been skimmed. Season if approved.

MEATS.

ROAST BEEF:—The sirloin and ribs are the best pieces. Have the bones removed and skewer the meat into a round. If roasted in an oven, dash a cup of hot water over the beef when first put in. Baste often, first with salted water and afterwards with drippings. Allow fifteen minutes to each pound for rare roasts, and more if you wish it well done. When nearly dry, roll with flour and baste once with butter. When ready remove beef

to a heated dish, skim the drippings, add a cup of boiling water, letting the mixture boil up once. Serve with mustard and scraped horse radish.

ROAST PORK:—Cut the skin into narrow strips, with salt, pepper and dry sage rubbed. Stuff between the ribs with a dressing composed of bread crumbs, chopped onion, pepper and salt, mixed with the beaten yolks of eggs. Baste with lard while roasting.

BROILING BEEFSTEAKS:—Have a bed of living coals; when the gridiron is quite hot have it greased well with suet; lay on the steak, turn often for fifteen minutes. When done season with pepper and salt and lay on a hot plate, basting well with fresh butter.

TO FRY BEEFSTEAK:—Steaks for frying need to be thinner than for broiling. Beat them to make tender. Season before frying. Fry the steaks for fifteen minutes in hot butter, or nice beef drippings. When brown cover with a large plate to retain the flavor. You can use sliced onions with the steak.

TO COOK EGGS.

It is commonly understood that soft-boiled eggs are more digestible than hard-boiled. This is true so far as the ordinary modes of cooking are concerned, that is, an egg boiled three minutes is more easily digested than one boiled ten minutes, but in order to cook an egg in its most digestible form, it must be boiled at least one hour. The reason of this is that when boiled ten minutes, an egg is not cooked—the albumen is simply coagulated, but when boiled an hour it is thoroughly cooked, and is therefore more digestible. The yolks of eggs cooked in this way form a good article of diet for invalids.

FOWLS.

ROAST TURKEY:—Wash the turkey well, both inside and out, removing all the pin feathers. Singe away the fine feathers. With a teaspoon of salt, half as much black pepper and a lump of butter in a bowl, with broken pieces of bread, pour water over it to make a dough. Scald your bird in a pot, and then fill with the dressing, rubbing in salt and pepper; sew up the cavities with a thread. Then grease well with lard and put in the oven. Let it bake slowly, basting it with its own fat; when it becomes brown bake faster and turn it over. For a gray, stir half a pint of water with two tablespoonfuls of brown flour into the drippings, adding salt and pepper.

ROAST GOOSE:—For stuffing use four onions minced fine, half the quantity of green sage leaves, grated bread crumbs, piece of butter and the beaten yolks of two eggs. Mix the whole and fill the cavities, pressed in hard, but not full, as it will swell. Tie the bird up well and cover the breast with larded paper, to keep from scorching. The fire must be brisk and well supplied. Two hours and a half is the time required. Baste it well and often. Remove the paper when half done and sprinkle on a little flour.

PLAIN FRIED CHICKEN:—Lay your chicken, cut in pieces, in salt and water, dredge

them with flour and fry in boiling lard until nicely browned. Cover the pan while frying.

CHICKEN PIE:—Cook your chicken until tender, then remove the largest of the bones, divide the largest pieces and place all in the bottom of the tin or pan you wish to cook it in, season well with pepper, salt and butter and pour on about three-fourths cup of the broth. Crust—one and a half cups butter-milk, one-half cup lard or melted butter, one teaspoon of salt, one teaspoon level full of soda. Do not make too stiff with flour. Roll it into the shape of the dish you are to bake it in, and place it on the top; no under crust should be used. Bake moderately.

PRESSED CHICKEN:—Prepare one fine large chicken, and boil until very tender, after removing the bones cut in fine pieces, season with salt, pepper and butter, place in a square tin and press it down nicely, add a small amount of the chicken broth, put a weight upon it and let it stand until cold.

BROILED CHICKEN:—Lay your prepared fowl in skimmed milk two hours, then dust with flour and lay in cold water. Sprinkle pepper and salt and lay it opened on the hot broiling iron, which must have been well greased. Brown neatly and serve with melted butter.

FISH AND OYSTERS.

FRYING FISH:—Clean, wash and dry the fish, roll slightly with cracker dust or flour, with butter clarified drippings, or butter and lard; fry to a delicate brown quickly, over a good fire, and when just done remove it to a hot plate.

FRYING OYSTERS:—Put some boiling butter in your frying pan, and selecting fine large oysters, put them in cold water, a few at a time, take them out quickly, roll in stiff corn meal and fry them to a light brown. Serve hot.

VEGETABLES.

BOILING VEGETABLES:—In summer they should be picked and used the same day. Examine them well and remove all damaged or unripe spots. Let them stand a little while in cold water before cooking.

POTATOES:—Select these of nearly the same size. Do not pare but wash them thoroughly. Put in water to cover them. When boiling pour off the water and put in cold. This drives the heat to the heart of the potato and makes it mealy. When done pour off the water and cover with a cloth, letting them stand on the stove until dry. When the potatoes are old, it is best to pare them before boiling, and mash them before sending them to the table, adding butter, salt and a little milk. New potatoes do not require peeling.

STEWED POTATOES:—Pare, quarter and let them stand in cold water half an hour. Stew in enough water to cover them, adding salt. When they are just breaking up, pour off half the water and add the same amount of milk. Boil three minutes, stirring well. Add a lump of butter, salt and pepper, with a sprinkling of flour, and serve in a covered dish.

POTATOES FRIED IN SLICES:—Peel large potatoes, slice them about a quarter of an inch thick, dry them well in a clean cloth, and fry them in lard. Put the frying-pan on a quick fire, and as soon as the lard boils, and is still, put in the slices of potato, and keep moving them until they are crisp; take them up and lay them on a sieve to drain. Serve with a little salt sprinkled over them.

PICKLES, ETC.

PICKLED ONIONS:—Prepare four quarts of middle sized onions by removing the tops, stems and outer skin. Put then into an earthen dish and pour enough strong vinegar on them to cover them. Put them in a cool place, and after a few days they are ready for use.

PICKLING APPLES:—Best vinegar, one gallon; sugar, four pounds; apples, all it will cover well; one tablespoon each of cinnamon and cloves. Pare and core the apples, tying up the cinnamon and cloves in a cloth and put in with the apples, vinegar and sugar, and cook until done. Keep in jars.

PICKLING PEACHES:—Best vinegar, one quart; sugar, four pounds; peaches, peeled and stoned, eight pounds; spices as desired, or as for apples. Treat every other way as apples. If they should begin to ferment at any time, simply boil down the juice; then boil the peaches in it for a few minutes only.

PICKLING PLUMS:—Best vinegar, one pint, sugar, four pounds; plums, eight pounds; spices to taste. Boil them in the mixture until soft; then take out the plums and boil the syrup until quite thick, and pour it over them again.

PICKLING CUCUMBERS:—Pick each morning; stand in weak brine three or four days, putting in mustard pods and horse radish leaves to keep them green. Then take out and drain, covering with vinegar for a week; at which time take out again and drain, putting into new vinegar, adding mustard seed, ginger root, cloves, pepper and red pepper pods, of each one or two ounces; or to suit different tastes for each barrel.

PICKLING GREEN TOMATOES:—Pick in the morning and keep in cold water four or five hours, slice them and let them stand in weak brine until the next morning; take them out and let them simmer in a syrup made of vinegar, one quart; sugar, three pounds; do not let them boil; when they have become heated through, take out and put in layers in a crock; season each layer with spices to suit the taste. Boil the syrup one-half hour and pour it over them again.

YEAST.

YEAST:—Take four large potatoes, pare and throw into cold water. Put a handful of hops into a bag with a quart of water, and while it is boiling, grate the potatoes, then add three tablespoons of sugar, two of salt and one of flour; take out the bag of hops and pour the mass into the kettle and let it just come to a boil, stirring all the time. Remove from the fire and put into a pan until cool, then add a pint or less of good sweet

yeast, let it stand in a warm place, and in an hour or two it will be of a light foam.

BREAD, BISCUITS, ETC.

YEAST BREAD:—Three quarts flour; one tablespoon salt; one-half cup yeast; mix with luke warm water or whey and put in a warm place to rise; when light knead it and add more flour, then return it to rise again and when light make into loaves and bake in a moderately hot oven.

PLAIN WHITE BREAD:—Set one pint of flour and half the quantity of good hop yeast, stirred together, to rise at five o'clock in the afternoon. At nine o'clock put two quarts of flour in bread bowl, put the sponge in the center of the flour, with a little lard about the size of a walnut; knead it up with tepid water, made salt to taste; work well and set it away to rise. In the morning knead it over with flour, make in two loaves and set it in a warm place until ready; then bake, and when done wrap it in a coarse cloth. If there be no sugar in the yeast, stir in a large teaspoonful when you put it in the flour.

BOSTON BROWN BREAD:—Half a pint of rye meal, not sifted, twice as much Indian meal, sifted, sour milk one pint, molasses to sweeten, one teaspoonful of salt, one of soda, dissolved in hot water, stir thoroughly, put in an oiled pan, let it rise an hour and steam it four hours.

RISEN BISCUIT:—Milk one quart, lard or butter, three-fourths cupful, same amount of yeast, two tablespoonfuls of white sugar, a little salt, flour to make soft dough. The milk should be warmed slightly, and the lard or butter melted. In the morning knead and roll into sheets less than an inch thick. Cut round and set them lightly in the pan, letting them rise twenty minutes, then bake in the same time.

JOHNNY CAKE:—Sweet milk and butter—milk one cupful each, one tablespoonful of melted butter, enough meal to roll it into a sheet one inch and a half thick. Put in a greased tin or shallow pan and bake forty minutes. Bake it with melted butter when it begins to brown, repeating four or five times until done.

GEMS:—Three eggs, three teaspoons of sugar, one-half cup of sweet milk, butter size of a walnut, flour to make a nice thick batter. Have your gem-pans burning hot, and bake in a very hot oven.

MUFFINS:—Flour three pints, half a teaspoonful salt, mix with luke warm water, quite stiff; half pint yeast; let it rise over night and bake in small pans.

WAFFLES:—One quart warm milk, two eggs beaten, a small piece of butter, a cup of yeast; mix with flour a little thicker than for griddle cakes. Let it rise five hours. Bake in waffle irons, well greased.

PUDDINGS.

POTATO PUDDING:—Rub through a colander six large or twelve middle-sized potatoes; beat four eggs, mix with one pint of good milk, stir in the potatoes, sugar and season-

ing to taste; butter the dish; bake one-half hour. Use cold potatoes.

THE QUEEN OF PUDDINGS:—Have bread crumbs soaked over night in milk. Rub together one tablespoonful of butter and one cup of white sugar until they are like cream, the yolks of five eggs beaten light. Mix with bread crumbs and one quart of rich fresh milk, one-half cup of jelly, then season with vanilla. Bake in a buttered dish until the custard has "set". Cover this with the whipped whites of the five eggs and half a cup of white sugar, and return to the oven until the surface is a delicate brown.

BREAD PUDDING:—Take light white bread and cut it in thin slices. Put into a pudding shape a layer of any sort of preserve, then a slice of bread, and repeat until the mold is almost full. Pour over all one pint of warm milk, in which four beaten eggs have been mixed; cover the mold with a piece of linen, place it in a saucepan with a little boiling water, let it boil twenty minutes, and serve with pudding sauce.

DUMPLINGS, FRITTERS, ETC.

APPLE FRITTERS:—Take one pint of milk, three eggs, salt just to taste, and as much flour as will make a batter. Beat the yolks and whites separately, add the yolks to the milk, stir in the whites with as much flour as will make a batter; have ready some tender apples, peel them, cut them in slices round the apple, take the core carefully out of each slice, and to every spoonful of batter lay in a slice of apple, which must be cut very thin. Fry them in hot lard to a light brown on both sides.

APPLE SNOWBALLS:—Swell rice in milk, and strain it off, and having pared and cored apples, put the rice around them, tying each up in a cloth. Put a piece of lemon peel, a clove or cinnamon in each and boil them well.

APPLE DUMPLINGS:—Mix one quart of flour, one-fourth pound of suet, one teaspoonful of salt, one-half teaspoonful of soda, one teaspoonful of cream-of-tartar sifted into the flour, with cold water enough to make it thick. Knead it well and roll out, cutting into squares. In the center of each put a nice apple, pared and cored, filling the hole in the apple with sugar, moistened with lemonade, and a clove. Cover over with the paste and tie each dumpling with a cloth, after you have wet it with hot water and sprinkled it with flour. Boil an hour, and serve hot with sweet sauce.

ORANGE ROLLY-POLY:—Prepare your paste as if for apple dumplings, and roll into an oblong sheet. Put sweet oranges, seeded, pared and sliced, thickly over it. Scatter white sugar and a little of the grated yellow peel over it, fold over and roll down the edges to secure the juice. Boil in a cloth for an hour and a half. Eat with lemon sauce.

SAUCES.

LEMON SAUCE:—Grate the rind of one lemon, and take the juice, mix with one cup of sugar and half the amount of butter, and a

little boiling water. Thicken in a dish over boiling water.

VANILLA SAUCE:—One-half pint of water, butter the size of an egg, one-half cup of sugar, and one teaspoon of vanilla. Boil together three minutes.

PUDDING SAUCE:—The yolks of two eggs beaten very light, mix with one cup of sugar, add the beaten whites, with flavor to taste. Serve quickly.

CAKES.

ORANGE CAKE:—One and one-half cups of flour, one of sugar, two teaspoonfuls of baking powder, one-half cup of butter, three-fourths cup of milk, two eggs, two oranges, grating the peel and taking the juice of one. Bake in three layers. Filling—fifteen tablespoonfuls of sugar, whites of two eggs, juice of one orange.

WHITE MOUNTAIN CAKE:—One cup of sugar, one of flour, one-half cup each of butter, sweet milk and corn starch, whites of six eggs, a little vanilla, two teaspoonfuls of baking powder. Frosting—whites of five eggs, twenty tablespoonfuls of sugar, beaten very light, one-half teaspoonful vanilla.

COCOANUT CAKE:—Three eggs, omitting the whites of two, three teaspoonfuls of baking powder, one cup of white sugar, one-half cup each of butter and milk, a little vanilla. Bake in three layers. Filling—whites of two eggs, ten tablespoonfuls of sugar and three-fourths cup of cocoanut, soaked in boiling milk.

PORK CAKE:—One pound of fat salt pork, entirely free of lean or rind, chopped so fine as to be almost like lard; pour one-half pint of boiling water upon it, add one pound of raisins, seeded and chopped, one pound of citron, shaved into shreds, two cups of sugar, one of molasses. Mix these all together and stir in sifted flour to make the consistence of common cake mixture, then stir in nutmeg, cinnamon and cloves, finely ground, one ounce of each. Bake slowly.

DRIED-APPLE CAKE:—Prepare two cups of dried apples by soaking over night in water; in the morning chop fine and simmer in one cup of molasses; do not let them boil. For cake—one cup of butter, two of dark brown sugar, one of rich buttermilk, one teaspoonful each of soda, nutmeg, cinnamon and cloves, two and a half cups of flour. Mix well together then add the apples. Bake slowly.

SILVER CAKE:—Two and a half cups of flour with two teaspoonfuls of baking powder sifted in, a cupful of sugar beaten with half as much butter, the whites of four eggs, beaten well, half a cupful of milk. Flavor to taste.

SPONGE CAKE:—Take equal weight of eggs and sugar; half their weight in sifted flour; to twelve eggs add the grated rind of three lemons and the juice of two. Beat the eggs carefully, the whites and yolks separately, before they are used. Stir the materials thoroughly together, and bake in a quick oven.

MARBLE CAKE:—Light part—One and one-

half cups of white sugar, one-half cup of butter, one-half cup of sweet milk, one-half teaspoon of soda, one teaspoon of cream-of-tartar, whites of four eggs, two and one-half cups of flour. Dark part—One cup of brown sugar, one-half cup of molasses, one-half cup of butter, one-half cup of sour milk, one-half teaspoon of soda, one teaspoon of cream-of-tartar, yolks of four eggs, two and one-half cups of flour, cloves, allspice, cinnamon and nutmeg, one teaspoonful of each.

NUT CAKE:—Three cups of flour, two of sugar, one of butter and one of cold water, one teaspoonful of soda, two of cream-of-tartar; kernels of the nuts carefully picked over, to be added last, two cupfuls.

POUND CAKE:—One and one-half cups of flour, one of butter, one and a half of sugar, ten eggs, one-half teaspoonful of baking powder. Beat butter and flour to a cream, beat eggs and sugar lightly, put all together and add baking powder.

BRIDE CAKE:—One and a half cups of sugar, one-half cup of butter, one-half cup of sweet milk, one and a half cups of flour, whites of three eggs, one-third teaspoon of soda, two-thirds teaspoon of cream-of-tartar.

FRIED CAKES:—Two cups of sugar, one-half cup of butter, one pint of sour milk. Three well-beaten eggs, one teaspoon of soda, two teaspoons of cream-of-tartar, nutmeg to suit the taste.

COOKIES:—One cup of butter, one cup of sour milk, one egg, two cups of sugar, one teaspoonful of soda, two teaspoonfuls of cream-of-tartar, and one and a half teaspoonfuls of caraway seed.

SOFT GINGER BREAD:—Mix together four cups of flour, one of sour milk, two of molasses, one of sugar; ginger, cloves, saleratus, one teaspoonful each, four eggs.

PIES.

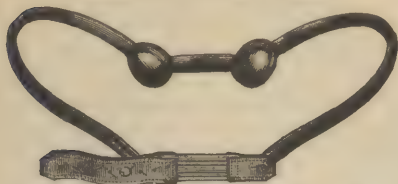
APPLE PIES:—Prepare by peeling and slicing good tart winter apples, cover your plate with a good crust, put on to it a layer of fruit and one of light brown sugar, with five or six cloves, lay on more sliced apple and so on until filled; put on the top crust and bake.

CUSTARD PIE:—Milk, one quart, four eggs, four tablespoonfuls of white sugar, the yolks and sugar should be beaten light and mixed with the milk, the whites whipped in and all stirred well together, then pour into the crust, made into a shell, and grate nutmeg on the top.

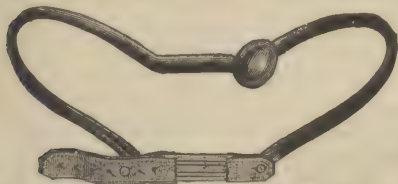
MINCE PIE:—Prepare three pounds of raisins by seeding and chopping them, and two pounds of currants by washing, picking over and drying them; four pounds of meat, that is one part meat to two parts apple, three quarts of cider.

LEMON PIE:—Three-fourths cup white sugar, and grate spoonful of butter beaten into a cream, stir in three beaten yolks of eggs, add the lemon juice and grated peel of one lemon, beaten with the whites, adding a little rose-water, and three tablespoonfuls of sugar for a meringue, to cover the pie when done.

HERNIA—RUPTURE.



The New Method Cure Truss. (Double.)



The New Method Cure Truss. (Single.)

Hernia or Rupture consists in a protrusion of the viscera through some part of the walls of the abdominal cavity. It occurs in both sexes, but it is most frequent in males, about four times as many men as women being ruptured. The causes are: violent efforts, straining, etc., general weakness of the system; malformation, defects or weakness of the abdominal walls; flabbiness and excessive weight of the abdomen by accumulations of fat.

CAN RUPTURE BE CURED?

Some doctors say that rupture cannot be cured; others, interested in the sale of certain appliances claim to cure it without either medicinal or surgical treatment. These persons are all wrong. Rupture can be cured, but the claim set forth by dealers and manufacturers, that all cases can be cured simply by the wearing of a truss, cannot be sustained either by reason or experience. There are ruptures that will heal if properly held in position for a sufficient length of time and it is only such cases that can be cured by the use of a truss alone. The majority of cases require the application of careful, scientific treatment (either electrical, surgical or medicinal) while the truss is worn, in order to bring about a radical cure.

DANGER OF RUPTURE.

No one is safe who has a rupture, no matter how insignificant it may be considered. For every man who has died from strangulated hernia, once flattered himself that it was but a trifling ailment; and every man who now suffers from it, and the injury of poor trusses, to such an extent that life has no enjoyments, once regarded it as unworthy of special attention. It is steadily progressive, even unto death; and he is wise who takes the necessary steps to be effectually relieved of it before the day of suffering and gloom comes upon him and leaves no hope.

ELECTRIC TRUSSES.

We manufacture an improved Electric Truss of our own invention which we apply

in all cases of rupture where the use of electricity is indicated. It is superior to all other appliances of the kind both as regards medicinal effects and practical utility as a support for the hernia.

THE NEW METHOD CURE TRUSS

Is comfortable and effective and guaranteed to give satisfaction in all cases. We also furnish a great variety of other popular trusses at the lowest prices.

We cure the worst cases of rupture radically and permanently by our New Method treatment in connection with the use of trusses scientifically made and adjusted. We are better prepared to treat such cases successfully than any other institution in the world. One of our surgeons has made the treatment of rupture a specialty for many years and has attained the highest degree of skill in this line of practice, while the gentleman in charge of our truss department is the oldest and most successful truss specialist in the country, as will be shown by the following reports of cures from well-known people:

REPORTS OF CASES CURED.

The following cases cured by our scientific Trusses and New Method treatment, include almost every variety of hernia.

DOUBLE RUPTURE CURED.

(For treatment to cure, see page 4.)

About January 5th, 1885, Mr. John Dansberry, wrote from St. Louis, Mo., stating that he was badly ruptured on both sides and asking for a truss adapted to his case. January 10th, a New Method Cure Truss was sent to him by express with full instructions and we heard nothing more from him till Feb., 1886, when he called on us in Cincinnati and informed us that he had been completely cured. Mr. Dansberry's present address is New Richmond, O., and we have no doubt he will be pleased to furnish any further information that may be desired by those who wish to communicate with him.

PENSION CLAIM REFUSED.

(For treatment to cure, see page 4.)

Mr. R. E. Knox, formerly with the Wheeler & Wilson Sewing Machine Co., Corner Fourth and Home Streets, Cincinnati, was ruptured in the army during the late war and applied for a pension some time in 1884. He had previously secured a New Method Cure Truss which he found very comfortable and effective. When he went before the examining board of the pension department some time later it was found that his rupture had been entirely cured and his claim for a pension was therefore not allowed. He is now doing heavy work on a farm near New Richmond, O.

HOTEL PORTER CURED.

(For treatment to cure, see page 4.)

About August 18th, 1886, Mr. Antonio Sickmeyer reported that the New Method Cure Truss which he had obtained eighteen months previous, for a bad case of scrotal hernia, had effected a complete cure in less than a year, so that for eight months past

he had been able to perform his duties as porter at the Gibson House (Cincinnati), handling the heaviest trunks without a truss or support of any kind.

SCROTAL HERNIA.

(*For treatment to cure, see page 4.*)

CINCINNATI, O., AUGUST 20th, 1886.

I hereby certify that the New Method Cure Truss made a complete cure of the worst form of scrotal hernia, or rupture, in my right side, in eight months from the time I began wearing it.

LOUIS FREIBERG, 14 Main St.

ANOTHER RADICAL CURE.

(*For treatment to cure, see page 4.*)

Mr. John Ratjen, a wood-carver, of Lawrenceburg, Ind., was entirely cured of the worst form of scrotal hernia by the New Method Cure Truss, and now does not find it necessary to wear a support of any kind.

GAVE HER TRUSS AWAY.

(*For treatment to cure, see page 4.*)

In the fall of 1884, Mr. John Gratsch, of Dayton, Ky., called to get a truss for his wife, bringing a description of her case with measurement, etc. The appliance was made and properly adjusted, and in eight months the rupture was cured. Having no more use for a truss, Mrs. G. gave it to a lady friend, who became ruptured about that time, and who was still wearing it at last accounts.

A BAGGAGE MASTER CURED.

(*For treatment to cure, see page 4.*)

Mr. Chas. McCarthy, baggage master at the C. H. & D. depot, Cincinnati, reports that he has been entirely cured of rupture by the New Method Cure Truss, but still continues to wear it as a precaution, on account of the heavy lifting necessitated by his occupation.

A CASE OF 12 YEARS' STANDING.

(*For treatment to cure, see page 4.*)

Mr. Chas. Bechoff, who had worn a cheap truss for twelve years and considered his case incurable, applied to us in June, 1886, to have one of our scientific trusses made to order and adjusted (the rupture had become so bad the cheap truss would no longer hold it). We put on the truss and treated the case by our New Method, and in four months the rupture was cured. Mr. B. continued to wear the truss as a precaution for about six months, but when we last saw him, December 3d, 1886, he was working every day without it.

ANOTHER TRUSS THROWN ASIDE.

(*For treatment to cure, see page 4.*)

Mr. Robert Murray, of 203 Elm St., Cincinnati, was ruptured by being kicked in the groin while attending school. He wore a New Method Cure Truss about a year, and was entirely cured, so that he was able to lay it aside permanently. He now finds no occasion for wearing it, although he is driving a milk wagon and handles heavy cans every day.

We send trusses by express with complete instructions for applying and adjusting. Write for blank with directions for making the proper measurements.

PRIVATE DISEASES.

(*For treatment to cure, see page 4.*)

For complete information in regard to all private and delicate diseases, we refer the reader to our books PARTS II and III, for the special instruction of men and women. Many persons suffer from diseases that are private in their nature, but which originate from natural causes, and are not the result of vicious habits. We treat all such patients in confidence, and, in fact, we treat all afflicted persons to cure them, without questioning the degree of depravity that induced the disease. Our New Method Cure for delicate and private diseases of both men and women, has proved successful beyond all other modes of treatment, and we advise all persons who are suffering in this way to apply to some one who is skillful and reliable, and whose reputation is based upon practical success, for otherwise they will run the risk of being diseased for life. We are constantly meeting with cases that have been aggravated and made to assume a chronic form by the careless treatment of unskilled doctors. Such cases are much more difficult to cure than if they had not been treated at all. We could give reports of hundreds of cases that we have cured, but we must guard well the confidence of our patients, and those who have suffered in this way do not like to have the fact made public; therefore we publish no names in this department.

LIFE-LONG GRATITUDE.

(*For treatment to cure, see page 4.*)

Mrs. J. writes: "Your treatment has entirely cured me, and you have my life-long gratitude, for I would have preferred to die than to live with such a disease, even while I knew it was not occasioned by any fault of my own."

CONSIDERS HIMSELF LUCKY.

(*For treatment to cure, see page 4.*)

Mr. T. A. writes: "In reply to your kind inquiry I am happy to say that I do not need any more treatment. The remedies you sent cured me before the month had expired. You may publish the fact that you have cured me, and use my initials, but do not use my name. I consider myself lucky to get cured with so little trouble."

BLOOD DISEASE CURED

(*For treatment to cure, see page 4.*)

Mr. C., of Louisville, Ky., had a disease of the blood for ten years, and spent nearly a thousand dollars for treatment, besides the expense of a five months' stay at Hot Springs, Ark. At one time he thought he was almost cured, but after being comparatively free from the disease for about two years, it broke out again as bad as ever. He was under our New Method treatment ten months, during the year 1883, and was entirely cured. Nov. 4th, 1886, in answer to a letter of inquiry, he reported himself in good health and entirely free from all symptoms of blood disease.

For additional reports of cures, and complete information in regard to this class of diseases, see PARTS II and III.

THE NEW METHOD CURE.

WHAT IS IT, AND HOW CAN IT BE OBTAINED? EXPLANATIONS OF THE OBJECTS, PRINCIPLES AND CHARACTER OF OUR BUSINESS.

From the many letters of inquiry, which we are daily receiving, we know that thousands of people are anxious for more particular information in regard to what the New Method Cure is. We therefore request all who are earnest in this, to read carefully the following eight pages of this book, for we will here endeavor to explain fully the character and objects of our extensive business, the ideas and circumstances which led to the founding of our New Method Cure establishment, the kind of diseases that we treat, our manner of dealing with patients, the kind of remedies that we use, and all the means and methods which we have perfected for the successful treatment of the afflicted, in all parts of the country. If you should desire any further information after reading these pages, write to us according to instructions on page 4, and we will cheerfully answer your questions.

Treatment That Will Cure

Acute diseases will not cure chronic diseases. Commencing on page 178 may be found suggestions, prescriptions and instructions, by which acute attacks or sudden sickness may be relieved or cured. But we wish it distinctly understood that the treatment there recommended is not the "New Method Cure" and it should be remembered that the formulas and prescriptions there given are for acute diseases only and not for chronic or long-standing diseases or deformities.

Chronic Diseases and Deformities,

Such as are illustrated and described in this book, have always been considered incurable, by reputable physicians of all schools of practice, because cures can not be effected by their limited "pathy" systems. These doctors are therefore loth to admit that our New Method treatment cures cases which they are constantly giving up as hopeless.

The New Method Cure.

What is it? Who practices it, and where can it be had? We, Dr. J. C. Kennedy and The Drs. K & K Surgeons, having devoted our lives to the study and treatment of chronic or long-standing diseases and deformities, and having by hard study and close and constant observation, become familiar with every reputable school of practice, and with all the various methods of treating diseases, deformities and injuries; have found that there is some good in all the different systems of medicine. They are all more or less successful in curing acute diseases, but they all signally fail in chronic diseases and deformities. We have discovered that in cases of chronic disease and deformity, whether the treatment is medicinal (vegetable or mineral, large or small doses), instrumental, mechanical, mental, magnetic, electric, climatic or hygienic, it usually

helps or relieves the invalid to a certain extent; no matter what means or methods are used, some benefit usually results, but a permanent cure is seldom effected. We have also found that those who practice one exclusive system, generally promise the most and accomplish the least. The Allopaths or *regulars*, as they delight to call themselves, have but little confidence in medicine; they depend largely upon operative surgery, instrumental and mechanical treatment, blisters, cauterizations, setons, plasters, bandages, braces, supporters and all manner of torturing appliances, always inclining toward "heroic" treatment. The Eclectics follow close in the rear of the allopaths, but having a more voluminous materia medica, they resort less to the heroic and instrumental treatment. The Botanics, or Physio-Medics, undertake to cure everybody with roots and herbs; emetics, cathartics, diaphoretics, diuretics, nervines, stimulants and tonics; all vegetable. Then come the Homoeopaths with a bloated materia medica, embracing every liquid and solid substance under the sun; vegetable, mineral and animal; infectious and contagious germs of disease, the poison of insects and the venom of vipers and adders; the bones and excrements of birds, beasts, reptiles and fishes, all are used in infinitesimal quantities, for the relief of sufferers and the cure of disease. Although they have a specific remedy for every disease that manifests itself by any symptom or sensation that may be felt or realized by a human being, yet they depend largely on good nursing, dieting, bathing, exercise, rest and hygiene in general. It is a pleasant and harmless system of practice, and is about on a par with other systems, so far as cures are concerned.

The foregoing are the four leading and recognized schools of practice, and they are all failures in the treatment of chronic diseases and deformities. Had they been as successful in chronic as in acute cases, they would have had the field to themselves, but they have failed, and continue to fail. Instead of seeking to learn how obstinate cases may be cured, they pronounce a large number of diseases incurable, and advise invalids to submit to their maladies or go to some health resort where they are as likely to be injured as benefited by the climate. But the sufferer cannot always be persuaded either to give up in despair or to leave his home and die among strangers. Hope still encourages the belief that there is a cure, and he seeks for it as long as life lasts. Being abandoned by the reputable doctors to whom he first looked for a cure, he now turns elsewhere and thus becomes an easy victim for the magnetic healer, the metaphysical mind-curer, the electric belt maker, the patent medicine vender, the hygienist and hydro-pathist, the massage manipulator, the turkish bath man, and an interminable horde of irresponsible jugglers in quackery, who claim to cure all diseases without medicine or with one nostrum. They are all of a kind, all swindling tricksters. They denounce

medicine, yet they all use medicine themselves, and are therefore frauds and swindlers. We believe that invalids have recovered health by faith, through prayer; by magnetic manipulations; by hygiene; by hydrotherapy; by mental management, and by change of climate, but we know that for every one cured by any of the above without medicine, that thousands have been cured by scientific medication. Medical tricksters and jugglers in nostrums would have no occupation except for chronic diseases and deformities, for no sane man or woman would waste precious time experimenting with such inconsistencies when suffering from acute disease or injury; but by imposing on the confidence of chronic invalids, various kinds of swindlers make a fat living, simply because the regular doctors cannot or will not do their duty. Doctors, alone, are to blame for the existence of medical frauds and humbugs, because if they would learn to cure their patients the country would not swarm with chronic invalids, to be duped, decoyed and swindled by tricksters. As the ethical "pathy" doctors—the regulars (allopaths), eclectics, homeopaths and physio-medics (botanics)—will not pool their issues and evolve a system that will cure, we have taken the matter in hand, and perfected a new system. This New Method consists in selecting and adapting just such means and remedies as will cure, whether they be medicines (vegetable or mineral, to be taken internally or applied externally, large or small doses), electricity, mental influence, magnetism, massage, exercise, climatic influence, instrumental treatment or mechanical appliances; we select from them all, without prejudice or partiality, using them either singly or in any number or combination that will cure. We treat to cure, and use just what is necessary to accomplish that desirable result, no more and no less. This is what constitutes the New Method Cure.

Science, Common Sense and Experience,

Enable us to select and apply the remedy or means that will cure, as has been demonstrated in thousands of cases, after all other means had failed. By the sciences of Anatomy, Physiology and Pathology we determine the conditions and demands of the organism. By the sciences of Chemistry, Materia Medica, and Mechanical Philosophy, we determine what to use to supply a deficiency or remove a superfluity, and thus restore the equilibrium by which the integrity and harmony of the organism may be re-established or maintained. This is science, and we wish it understood that we practice medicine, not as an experimental, but as a positive science. We know there is a center to every circle, and we know equally well that there is an antidote for every poison and a cure for every disease. The cynical critic will contend that there is no positive center, that the reputed center is only imaginary, and so the same is said of remedial means for curing disease; but a competent scientist can find a practical center for any circle, and a compe-

tent physician can find a practical remedy for any disease. By science we determine the remedial means; by experience and common sense comparison, we are enabled to use or apply the remedy and effect the cure.

We believe that all diseases, including cancer, consumption, heart disease, rheumatism, scrofula, syphilis and paralysis are curable. Every known disease, and apparently, every stage of every disease has been cured by others as well as by ourselves. If it be a sin to commit suicide, is it not equally sinful to suffer and die with a disease that skillful treatment will cure, if taken in time. If the lungs are gone, new ones cannot be made; if a cancer has eaten into or involved a vital part, life cannot be saved; if the heart or a large vessel be ruptured or clogged with a blood clot, the patient must die, but all this can be prevented and the disease cured, if the New Method treatment is persistently used in time. Human beings all die, but they should not suffer and die from lingering chronic diseases, or live in hideous deformity; they would not, were it not for ignorance, prejudice or stinginess. Some persons are so prejudiced that they had rather die, than be cured by any other system except their own. They must be treated according to their own plan; or not at all. Others are so ignorant as to believe it the will of God, that they should suffer and die with afflictions, that may be cured by God-given agencies. But the most prevalent cause of suffering and death from chronic disease, is the ignorance and contentions amongst doctors, and the natural stinginess of the afflicted or their friends. They would like to be cured, and they would take the necessary treatment if it cost nothing, but they love money too well to pay it out for treatment that will cure. Such people have the liberty of taking their choice; they can keep their money and suffer, or they can pay for treatment and be cured, just as they please. It has cost us time, money and hard study to acquire our skill. We use good, pure and fresh remedies, which cost money, and those desiring to be cured by us, must pay cash or else we cannot spend time and money for their benefit. We consult with all applicants free, either in person or by letter. For instructions how to write, see article on TREATMENT BY CORRESPONDENCE, page 4.

How We Cure Our Patients.

We cure our patients by calling to our aid the results of years of study and practical experience in each particular case; by using the best and purest remedies that nature furnishes to the scientific investigator; and by giving careful attention and sound advice. The same affection assumes different peculiarities, and is governed by different circumstances in different individuals. The skill of the physician often consists not so much in being able to tell what the disease is, as in knowing how to discriminate between all the peculiarities of symptoms and of circumstances. It is upon this faculty and the kindred one of knowing how to

nicely modify and adjust the treatment to all the peculiarities of the case, that success mainly depends. This is one of the main reasons why we are more successful than other physicians. Our long experience in the practical study and treatment of complicated cases, enables us to prescribe for the most difficult diseases, in such a way as not to lose sight of any of the conditions that must necessarily be provided for in the process of a rapid and permanent cure.

We do not claim to work miracles, but we do claim to have cured many cases that other doctors had declared could not be cured without a miracle. The nearest approach to a miracle in any department of science, in these days, is always the result of the hardest work and the deepest study. Our success is governed by the universal rule: Untiring labor is the price of everything great and good.

What We Treat.

We treat chronic diseases and deformities as a specialty. Those of a lingering, difficult or doubtful character, especially solicited. We consult with all applicants, either personally at the office, or by correspondence, free of charge. If we believe them curable, after an examination, we will tell them so. We give honest opinions. Remember, our reputation is at stake, and we make and maintain our reputation by cures effected under our care and by our treatment. Every case that we undertake to treat, and fail to cure, is a direct injury to us therefore we must be prudent and careful. We tell you what we can do for you, and what it will cost you, and leave you free to decide for yourselves. We do not urge or persuade you to take our treatment. The following list comprises the most prominent chronic diseases which we treat at the office or by mail and express. If you do not here find the name of your own particular ailment, refer to the index and to parts II and III of this work; or, write to us according to instructions on page 4:

Diseases of the Eyes,	Headache,
Diseases of the Ears,	Liver Disease,
Heart Disease,	Biliary Calculi,
Rheumatism,	Bilious Colic,
Scatica,	Bilious Attacks,
Cramp,	Poor Appetite,
Convulsions,	Restless Sleep,
Backache,	Ravenous Appetite,
Pains or Aches,	Loss of Flesh,
Nervous Diseases,	Loss of Strength,
Nervousness,	Corpulence,
Epileptic Fits,	Dyspepsia,
St. Vitus' Dance,	Stomach Disease,
Neuralgia,	Bowel Diseases,
Paralysis or Palsy,	Constipation,
Throat Disease,	Piles,
Lung Disease,	Fistula in Ano,
Chronic Cough,	Hernia or Rupture,
Enlarged Tonsils,	Chronic Dysentery,
Bronchitis,	Diarrhoea,
Consumption,	Black Heads,
Asthma,	Tape Worms,
Catarrh,	Round Worms,
Crooked Limbs,	Pin Worms,

Enlarged Joints,	Malarial Fever,
Hip-joint Disease,	Ague and Fever,
Club-foot,	Chills and Fever,
Spinal Curvature,	Diseases of Women,
Blood Diseases,	Falling of the Womb,
Scrofula,	Painful Periods,
Goitre,	Leucorrhoea, Whites,
Tumors,	Ovarian Tumors,
Syphilis Primary,	Womb Inflammation
Syphilis Secondary,	Sexual Indifference,
Fever Sores,	Barrenness,
Ulcers,	Painful Itching,
White Swelling,	Hysteria,
Discharging Abscess,	General Debility,
Erysipelas,	Prostration,
Skin Disease,	Sexual Dreams,
Pimples,	Impotence,
Freckles,	Kidney Diseases,
Dry or Rough Skin,	Bladder Diseases,
Scaly Eruptions,	Bright's Disease,
Salt Rheum,	Diabetes,
Eruptions,	Incontinence of Urine,
Tetter or Eczema,	Gravel,
Blotches,	Stone in the Bladder,
Discolorations,	Dropsy,
Redness of the face,	Gonorrhoea,
Paleness of the face,	Orchitis,
Dandruff,	Gleet,
Moles and Warts,	Stricture,
Superfluous Hair,	Hydrocele,
Loss of Hair.	Varicocele.

Surgical Operations.

It is well known that we have the most complete outfit of surgical instruments and appliances to be found in any establishment in the world. Many of the most useful of these instruments and apparatuses have been manufactured especially for us, by the best instrument makers, from our own designs, Dr. Kennedy being the inventor of over one hundred new and useful articles, (on twenty-three of which the government has issued patents) involving and benefiting almost every branch of science and industry. His inventive genius has brought forth many good and valuable instruments for the relief and cure of invalids. Having had unusual opportunities for acquiring skill, we can safely say that we know how to use instruments in such a way as to accomplish the greatest good with the least torture. No blood poisoning or other fatal or even injurious effects have ever resulted from any of the numberless and difficult surgical operations performed in our establishment. If your case requires a surgical operation come to us and have it performed by skilled surgeons, without unnecessary torture, danger or delay.

Medicinal Remedies.

We buy our drugs and chemicals in original packages, from manufacturers and wholesale dealers of the highest reputation. Whatever we buy is always of the best quality. We pay cash and buy in large quantities, and for this reason we are favored with the lowest prices for which first-class goods can be sold. Our remedies are compounded and dispensed in our establishment by skilled pharmacists, under our own direction, and

we can say, without any fear of successful contradiction, that we have the largest assortment of efficient medicinal preparations to be found in any medical establishment in the world. Many of our best and most effective remedies, in the forms in which we use them, are altogether unknown to the general profession, not because we have sought to keep them secret (for we have no secret prescriptions), but because, as we have already shown, the "pathy" doctors are too bigoted to use anything that is not recommended by the particular school to which they chance to belong. These remedies, as prescribed by us, are all harmless in their effects on the system, but powerful as a means of expelling disease. We treat our patients to cure them, and our past success clearly justifies us in saying that we can cure where doctors of less experience and with poorer facilities utterly fail.

Why We Can Not Afford to Deceive Our Patients.

We cannot afford to deceive our patients upon moral grounds. It is dishonest. And from principle we can not afford to be dishonest. But in these times it is not supposed that the public will place implicit confidence in a man's moral character, simply on his own representations. Therefore, we do not expect that people will believe we are honest from principle, just because we say so. But there are other reasons why we can not afford to be dishonest, which are apparent from the weight of conviction they carry with them.

In the first place we can not afford to be dishonest with our patients because we have a reputation at stake. It has cost us years of unremitting labor and ceaseless study to build up this reputation, and as it is the same as capital to us, it would be the most consummate folly, even from a selfish standpoint, to do anything to injure it. Information is transmitted so rapidly in this age that it is impossible for any person to escape the Nemesis of a bad name. On the other hand a good name will follow its possessor and bless him wherever he goes. The value of an unsullied reputation for honesty and fair dealing, to a man of business, is inestimable. Such a reputation we have always borne, and such a one we will always strive to maintain.

In the second place we can not afford to deceive our patients because our business is established on a permanent basis. We not only want the patronage of our patients now, but in the future as well. If we deceive them once, they will not only stay away ever afterward, but will advise their friends to stay away. Such a state of things would make our business ephemeral. It would die out in a short time. A business may be maintained upon dishonest principles for a few months, or perhaps for a year or two; but we could not afford to establish our business for the profits of one or two years. It has cost us thousands of dollars to fit up our offices and get our business thoroughly start-

ed, and our reputation must be sustained, or our labor and expense will be lost. Doctors who have no fixed or permanent interests, but travel from place to place, will often take all the money they can get from their patients, whether they can help them or not. If they do not do so it is from honesty of principle. But in our circumstances it would not be policy to do so, even if we were inclined to be dishonest. If a patient comes to us who is in an incurable stage of his disease, it is better for us (as well as for him) to tell him candidly that we cannot cure him, than to get a few dollars from him and then fail to fulfill our promises. If we promise to cure a patient and then fail, others who might be cured will stay away. It is our policy to make every patient's interest our own.

In the third place we can not afford to be dishonest with our patients because an army of jealous doctors and druggists all over the country are watching us. If they could discover anything wrong in our treatment, or in our dealings with our patients, or in the conduct of our business, they would immediately take advantage of it as a means of injuring our business. We propose to conduct our business upon such principles of honor, that they can find no ground for condemning us. It is true that they have clamored against us in the past, and it is to be expected that they will continue to do so in the future; but they have never yet adduced any just cause for their hostility. The worst they have ever dared to say of us, so far as we know, is that we are quacks, because we advertise. We do not care for this because invalids who are so foolish as to listen to the advice of envious and bigoted doctors usually find out their mistake in time; a doctor who is mean enough to slander us without investigating the merits of our establishment (which is always open for investigation) is mean enough to swindle his own patients.

The fourth reason why we do not deceive our patients is because the great majority of them are intelligent people, whom we could not deceive if we would. The class of people who patronize us, are those who read and who think for themselves. A large proportion of them being afflicted with chronic diseases of years' standing, have consulted many physicians and read many books on the peculiar ailments from which they suffer. Such persons often apply to us, knowing far more about the nature of their disease and the various remedies and means of cure than the ordinary local practitioners. It is foolishness to attempt to deceive such patients. Ignorant pretenders have to take their chances on such cases, and they often get sadly "taken in." We take pride in having intelligent patients, and we always treat them with the candor that intelligence, common sense and discrimination command.

It is, therefore, plain that we can not afford to be dishonest or deceitful, even if we had no higher incentive to morality than

worldly interest. But we shall hope that those with whom we come in contact as our patients, will be led to credit us with those higher motives which lift man above the position of a totally selfish being.

How Long Will it Take to Cure Me?

This is one of the questions that every invalid asks while in consultation with the physician; and, while it is often a difficult one, every patient has a right to a candid opinion. We cure our patients just as rapidly as possible. It is for our interest, as well as theirs, to do so. But we never tell them that we can cure them in one month when we know it will take two or three. Neither do we give powerful and injurious remedies to make people think they are better, when they are really worse. The effect of long-standing diseases is to work abnormal changes in the system, and it is plain that the organs thus impaired can not be restored to their proper functions without the intervention of sufficient time to give the remedies a chance to repair the damage by removing the cause of the trouble, and afterward building up the injured organs by a gradual process. The only safe and sure way to heal such cases, is by the use of mild and reliable remedies, that will act steadily and surely on the causes of the disease, and thus in time effect a permanent cure, without injuring the system or damaging the functions of the organs. For this reason it often takes a long time to cure aggravated cases. And many people get discouraged and stop treatment just when the system is getting in a condition to give evidence of improvement. We know there are many invalids who have given up all hope of ever being well, who might be cured, or at least greatly benefited, if they only had patience to give the proper treatment a fair trial; but they think they should see the effects of the remedies at once, and get discouraged and try something else, only to meet another disappointment. If you have a disease of years' standing, do not expect to be cured instantaneously. But be sure we will cure you as quickly as possible. We will cure you in a week or in a month if we can; but if we know it will take longer, we will tell you so.

What We Claim.

We do not claim to know everything in relation to medicine or diseases, or to be able to cure every case; but we do claim that a large, extensive and increasing practice, with unparalleled success to sustain it, are the best proofs of a doctor's skill.

Experience is worth everything. Knowledge gained by consulting with, critically examining and successfully treating thousands of persons of every age, sex, profession and occupation, affected with every presentable form and stage of disease and deformity, enables us to assure those suffering with like maladies, that we have succeeded in restoring to health a large majority of cases treated, even after other skilled and energetic physicians have failed to effect any permanent change for the better.

Do not let prejudice kill you or continue to keep you an invalid because you are opposed to being treated by "advertising doctors," of whom, perhaps, you have often heard the expression that "if they are such good doctors, why do they advertise?" The best business firms, dealers and manufacturers advertise, and are patronized by sound, common-sense and intelligent people, and it is so with us. The doctor who can give you material relief, or cure you, is the one to whom you should apply, and not permit yourself to be swayed into a different course because of any former prejudice, or by the flippant objections of such as cannot give a "reason for the faith that is in them."

We are patronized by a class of ladies and gentlemen too sagacious to be imposed upon by an ignorant quack, and they are too independent to be frightened away from the physicians who are curing them.

Persons calling at our office can have the satisfaction of a free consultation with either one of the doctors they may desire, with the assurance that they may depend upon receiving candid opinions, honorable, square dealing, reasonable charges and no encouragement without a prospect of improvement or cure. Our practice is founded upon the results of the best methods, without reference to schools or "pathies."

While coming in contact with so large a number of persons as are constantly consulting us, it would be strange if we did not experience more or less annoyance from time to time, and being human, we are willing to admit that such is the case. As an illustration: Many persons undoubtedly intending to compliment us, say: "You have done much better for me than doctor or professor so and so." Now this is a sort of annoyance to us, because we know we must necessarily be more skillful and successful than the common doctor or professor, else we would not be able to retain the extensive practice which we have established.

Some persons are led to believe that to be a professor in a medical college is evidence of superior skill as a practitioner, while in fact they are only instructors. There are not above half a dozen professors in the United States who could make an independent living by practicing their profession in the regular way. Professors in medical colleges give their services for the privilege and opportunity of advertising themselves in a high-toned manner.

The best music teachers are frequently the poorest performers, and the same principle holds good when applied to professors in medical colleges. They may be good and even superior instructors, while they are very indifferent and unsuccessful practitioners.

We will esteem it a favor if our friends will not compare our success with, or measure our capacity by theirs.

To some this may appear to be very egotistic, and sound like unprofessional language, but, nevertheless, it is a fact, and "facts are stubborn things."

To Physicians.

We have no apology to offer for departing from, and acting in direct opposition to, the "Code Ethica" of every matured school of practice.

We ask no favors of other physicians, neither do we defy them.

We would rather have their friendship than their enmity.

We propose to act honorably with them and their patients, whether they do with us or not.

We have studied the standard authors, and attended regular courses of Lectures in the three leading schools of Medicine, namely: Regular, Homœopathic and Eclectic.

If physicians call upon us we will receive them kindly, and give them any information we may possess; we have no secret remedies and never hesitate to tell physicians what we use in the treatment of special maladies, if the information be sought in a spirit of professional candor.

If they can teach us we will willingly be taught; we are students anxious to learn.

If we know anything that they do not, we will tell them frankly and freely.

We will not consult with them, and do not desire them to consult with us; we are opposed to medical consultations, because we believe in individual rather than divided responsibility. If a doctor cannot relieve or cure a patient, he should surrender the case absolutely.

We profess to be qualified, by experience and education, to successfully pursue this branch of our chosen profession, namely: the treatment of chronic diseases and deformities.

We do not ask to be recognized as belonging to the profession.

We have entered the arena, not against honorable physicians, but against the quack and charlatan. We have the means, financially, and the ability, intellectually, to continue, and we will do so, until the pretenders will find a poor field for their vocation.

Special Attainments.

"Art is long and time is fleeting," and it is impossible for one man to know everything, or even all that pertains to one profession. The physician who makes general practice his life work, cannot be expected to be as proficient in the treatment of chronic (or long standing) ailments as the man who, with equal advantages, devotes his life to such special cases. There are so many complications of chronic diseases, that the local practitioner is not at all likely to get even one case of each kind during his life-time, so when he is called on to treat such cases, he has no experience to guide him, and generally what he has learned theoretically on the subject, is but imperfectly understood through lack of practical application. With the physician whose time and energies have for years been devoted to the study and treatment of such diseases, the case is entirely different. His rich experience in all the complications of such affections enables him

to form a correct opinion concerning the curability of the case, and to adopt the proper course of treatment at once. The advantage of classification and division of labor is recognized in every department of art and science, and is becoming more and more apparent in every profession. The highest degree of skill can only be obtained by life-long application to a particular department of one kind of work. The medical profession is no exception to this rule; a physician can only attain the highest excellence by devoting his life to a special department of the science of medicine; he may be a mediocre in all departments of practice, but unless he confines himself to one, he will not excel in any.

The Folly of Ignorance.

We are taught that death and all the calamities incident to human existence, are the result of one man's original transgression, and we know from practical observation that a large proportion of all the misfortunes that befall a man in life, are the fruits of his own ignorance and folly. This is especially true with regard to disease. Sickness is generally looked upon as an unavoidable calamity, and the victim is sympathized with on the supposition that he suffers from the dispensations of an inscrutable Providence. But the experienced physician knows that in a great number of the cases he treats, the patient is simply the victim of either his own folly or ignorance. When people know themselves better, there will be far less suffering and disease. The masses, however, need not look to the regular profession for information, for the "Code of Ethics" of the regular schools is diametrically opposed to the only practical means of diffusing such knowledge.

Don't Let Prejudice Kill You.

To those who are afflicted with any of the chronic diseases mentioned in this book, all of which are successfully treated at our establishment, and to the parents or guardians of the suffering, we would say;

However opposed to your own preconceived ideas, or to those of your medical adviser, the statements following may be, the fact still remains that they are true, and can be verified to the entire satisfaction of any unbiased investigator.

We court investigation, and are satisfied to have our claims stand or fall on their own merits.

There are no secrets in our practice. We only claim to have utilized, in a common-sense way, the results of scientific research and long experience.

You owe it to yourselves and to your children, if they are afflicted, to visit or write to us, and, if after personal examination of our facilities, and hearing the testimony of our patients, you shall find that we have misrepresented our advantages and success, we will gladly refund to you the expenses you may have incurred in making the investigation.

If you listen to the counsels of skeptical

friends or jealous physicians, you may not come, but remember if you allow yourselves to continue invalids, or your children or friends to grow up crippled or deformed, when the means for their relief are within your reach, you are guilty of culpable negligence, and are, in a measure, responsible for the consequences.

Let us urge the necessity of prompt action. Every day you neglect these cases you render their chances for relief less.

If, after an examination of any case, either personally or by correspondence, we shall judge it incurable, we will frankly tell you so, as we undertake the treatment of no case which we are not confident of curing or greatly benefiting.

Croakers and Quacks.

We deem it our duty to the afflicted to especially warn them against two classes of persons. First—those who, without knowledge of our success, advise them that nothing can be done for them by us, or that ours is a humbug establishment, claiming facilities not enjoyed by us, and cures not made. No honest person, who has personally inspected our facilities, can do otherwise than speak in our praise. We pledge ourselves to pay the expenses of any who may visit us and find that we have misrepresented anything. Second—the swarm of “tramp” doctors, who, by copying our circulars, or claiming to represent us, rely upon our reputation for business. We have no physicians who travel for the purpose of treating cases at the homes of patients, and employ no medicine peddlers. Do not be deceived by false statements made by designing and characterless scoundrels. Investigate and be convinced by unequivocal proofs of honesty and ability before risking your money, or what is of far greater importance, your health and life, or that of your child, into the hands of any one, no matter how fair his claim may be, and if you wish the New Method treatment, call at the office, or address us according to instructions given under TREATMENT BY CORRESPONDENCE. See page 4.

What Class of Persons Apply for the New Method Treatment?

This question may naturally occur to the minds of some who have not visited our office. To such we will say a single visit will convince any one that we have the most elegant, home-like and completely equipped medical and surgical establishment in the United States, with earnest, thoughtful, scientific and sincere physicians. Our patrons are of the same character. In fact, they are made up from the intelligent thinking classes; from those who dare to think and act for themselves. Having failed to obtain relief from their home physicians, they dare to do as they please about employing others, however much the opinions of those who have failed to give them relief may be obtruded upon them. They are a people who are willing to investigate, and are not bigoted or prejudiced against their own interests, but are willing to acknowledge improve-

ment and advancement wheresoever found, and take advantage of it to obtain relief. You are invited to do the same. Come and investigate, or remain away and continue to be or become an invalid, and suffer the consequences of ignorance and prejudice.

Explanation.

As we are patronized by first-class people, all of whom have their own family physicians, we do not publish or refer to our patients by name, unless we hold their written permission or request to do so, for the reason that we are treating chronic diseases and deformities exclusively, and we believe it to be to our best interest, and that of our patrons, to avoid giving offense or making explanations necessary; and for the same reason we do not have our names printed or written on labels and directions, and never give to any person the name of another who is being treated. Therefore ladies or gentlemen can consult us in perfect confidence.

Our Terms Are Cash—No Credit.

All persons who have paid us cash for treatment are our friends, because they have received the value of the money they have invested by a restoration to health or being materially benefited. If we have enemies, they have become such because we treated and trusted them. Hereafter and forever we shall try to increase and retain our large number of friends. To do this we must not and will not trust. Therefore do not ask it, because, whether rich or poor, you will be refused. To those who cannot pay as they go we may feel it our duty to give, but never to trust.

Our medicines are expensive, as all good and valuable medicines are, and cost us cash; our expenses are heavy, and we pay them from day to day in cash; our knowledge and experience has cost us time and money. And now, while we shall never treat a patient, unless, after a careful examination, we honestly believe we can cure or largely benefit the person, we will cheerfully consult any one, and give the full benefit of our candid opinion, free of charge, whether the person has money or not; but when it comes to treatment, (if that is desired and we are willing to give it, believing the case curable), the medicines, instruments or appliances, which we furnish, must be paid for in cash, on delivery, if not given in charity.

It is Not in Advance.

We pay cash for everything we buy. We ask no credit and therefore cannot afford to give it. We make our charges just as low as we can afford on a cash basis. We ask nothing in advance. We only ask our patients to pay for what they get at the time they get it. We treat chronic diseases and deformities by the month, and prepare remedies to last at least one month at a time. In some cases, where it is for the advantage of the patient, we prepare remedies for two, three or six months at once, and whether it be for one, two, three or six months, we expect the full amount in cash for the number of months that remedies are prepared for.

This is not in advance; if you buy a coat or a hat you expect to pay for it at the time, and not after it is worn out; if you buy a barrel of flour you do not expect to be allowed to use it first and pay for it afterwards. We demand the cash on delivery of the remedies, instruments or appliances, and not after they have been used. We keep no books.

A Cure, But no Pay.

We ask all reasonable persons to give attention to the foregoing paragraphs, and not annoy us by bantering and trying to induce us to expend our time and money for their benefit, and then wait for our pay until after they are cured. We have but one way of doing business, because we cannot favor one patient more than another, and we do not feel it our duty to assume responsibility for all the invalids in the country by taking them under our care without compensation. Our business has been established for years, and our reputation extended to every part of the country. The privilege of investigation is open to every one, and we do not want either the money or the patronage of those who are not willing to pay for their treatment when they get it. The invalids who apply to us for treatment are scattered all over North America, and it is only a small proportion of them that we ever see. In regard to the great majority, we know nothing except what relates to the diseases with which they are afflicted. We do not consider it our business even to inquire in regard to their character, morals, business or social standing, except so far as these things may have a bearing on the physical disease or disability from which they seek relief; consequently we do not know whether they are responsible or not, or whether their reputation is good or bad. Every sensible business man knows that to extend credit indiscriminately, to unknown persons in all parts of the country, would soon bankrupt the best business that ever existed. Yet this is just what some unreasonable persons sometimes ask us to do. They want us to spend our time considering and prescribing for a difficult case that all their home doctors have failed to benefit, prepare remedies that cost us cash, and ship them a thousand miles or more to some invalid we have never seen or heard of, and then trust to his honesty to pay us after he is cured!

Then there is another consideration which would prevent us from doing a credit business, even if we knew that all invalids were perfectly honest. We have learned by experience that when patients get treatment for nothing, or on credit, they do not appreciate it, and are seldom careful to follow the doctor's directions. We have treated many patients in charity, and as a rule, we have found that those who pay a fair price for their treatment, improve more rapidly and are more grateful for the benefits received, than those who are treated free of charge.

Reasons for Our Success.

When you are attacked with acute disease, you send for your family physician, as you

should do. He comes and examines you, and determines your disorder at once. Years of constant, daily contact with the various forms of disease incident to the locality in which he practices, have made him perfectly familiar with them, and he prescribes the proper remedies without hesitation. He has made a specialty of acute diseases, and is an expert in their treatment. He probably will not meet more than one or two cases of chronic diseases or deformities of each of the different types. He finds it impossible to treat any of these successfully, for the reason that he neither has experience nor the proper remedies, and has nothing better than theory to guide him. He can have no practical knowledge, as that comes only from long experience.

We have been engaged in the treatment of chronic diseases and deformities for years, to the exclusion of all other business, and have competent surgeons as assistants, and all necessary facilities. Hundreds of cases of the various types of chronic diseases and deformities are met with and treated every year. So there is nothing miraculous in the fact that a large number of cases come under our care after having been pronounced incurable, and in a short time are well.

The Idle and Curious.

There are persons who have no ability to take treatment, nor any idea of doing so at the present time or any future time. Their chief affliction is idle curiosity.

To such we will say, our time is too precious for trifling, and, besides, we never prescribe for that malady.

Persons who are earnest and anxious about their condition of health, we cordially invite to call upon or write to us, and our advice to them will be as free as water, and unmixed with selfishness and deception.

Do Not be Deceived.

After you have read this book and carefully considered the evidences of success which it contains, the circumstances of your own case will enable you to decide whether you should try the New Method Cure or not. If you are suffering with any lingering or chronic disease, do not be turned aside from your intentions by the slanders of uninformed or misinformed persons. If any person tries to dissuade you from taking our treatment, find out what his reasons and motives are. If he gives any reason find out whether his statement is true or not; if he has no argument except prejudice, his advice is not worthy of notice, because a person who will slander those of whom he knows nothing positively, does not deserve the confidence of honest people. Many persons have acted dishonestly with us and obtained our treatment without paying for it, by representing that they were poor, when in fact, they were in good circumstances. Such unscrupulous persons are always ready to speak ill of their benefactors, and if you take pains to investigate, you will find that those who slander us generally belong to this class, or else they are interested in some envious and unsuccessful doctor.

EMERGENCIES.

SOME USEFUL HINTS FOR THOSE WHO WOULD BE PREPARED TO ACT PROMPTLY AND EFFECTUALLY IN CASE OF ACCIDENT.

A little practical knowledge of how to proceed in the event of such accidents as are liable to occur at almost any moment of our lives, often proves of inestimable value. It is not only valuable so far as good may result from its direct application, but often serves to maintain composure and presence of mind on occasions of excitement and danger when those ignorant of what ought to be done usually do more harm than good by their presence. Among the most common accidents are, poisoning, drowning, suffocation, cuts, bruises, burns, fractures, dislocations, etc.. In such cases the following hints may be of practical value if carefully studied.

POISONING.—In all serious cases of poisoning, a physician should be sent for immediately, but it often happens that the action of the poison is so rapid that unless prompt and effectual remedies are applied, death will result before medical assistance can arrive.

Narcotic Poisons.—The principal poisons of this class are opium, tobacco, lobelia, aconite, stramonium, belladonna, hyoscyamus, chloral, alcohol, strychnia and prussic acid. Laudanum, morphine and paregoric are preparations of opium. In cases of poisoning from any of the above articles an emetic should be promptly administered if the discovery is made within an hour or two after the poison has been swallowed. A tablespoonful of mustard in water is usually effective in producing vomiting and is nearly always available. It may be followed by draughts of warm water or salt and water. The patient should be prevented from going to sleep or falling into a stupor, by cold effusions applied to the head, strong coffee, tickling the skin and moving about briskly till the stupefying effect of the poison is worn off. In cases of poisoning by strychnia, tannin should be given in addition to the emetic as this remedy makes an insoluble compound of the poison and prevents its further absorption into the system. After the stomach has been emptied, chloral should be administered to counteract the action of the poison. Prussic acid often proves fatal almost immediately. Cold effusions, inhalation of ammonia and artificial breathing are the principal remedies.

Corrosive Poisons.—These are arsenic, corrosive sublimate and the mineral acids, nitric, muriatic, sulphuric, nitro-muriatic, etc. The long named antidote for arsenic is "hydrated sesquioxide of ferrum." This is nothing but common iron rust, and in cases of urgent necessity it may be obtained by scraping the first piece of rusty iron that comes to hand. Calcined magnesia may also be given in milk. In cases of acid poisoning, magnesia mixed with milk or water, carbonate of lime, soda, potash, chalk, etc., are the

principal remedies. In the absence of these remedies baking soda or saleratus may be given as a substitute. A decoction of barley water, mucilage water, flaxseed, slippery elm tea, or some oily mixture must be given to soothe the stomach and counteract the irritation of the remedies. For corrosive sublimate, albumen and iron filings are the best antidotes. The albuminous remedy can be quickly prepared by mixing together a little flour, water and the white of an egg. Milk may be drank freely and vomiting encouraged.

External Poisons.—For poisoning by ivy or sumach, a spoonful of calomel in a pint of lime water is a good external application. A weak solution of ammonia may also be used. Vaseline is beneficial in relieving the itching.

Poisonous Reptiles.—The best remedy for the bite of a snake or other poisonous reptile, in the absence of a physician, is to apply moistened tobacco over the wound and take plenty of whisky internally. Keep the patient quiet. For the stings of insects, cold compresses, ice, and ammonia are usually effective remedies.

CUTS AND BRUISES.—The first important thing in case of cuts is usually to stop the flow of blood. When the injury is about the head, the hemorrhage can usually be stopped by a little firm pressure with the fingers close to the cuts on both sides until the severed vessels are closed. When the points have been found a wet compress of cotton cloth may be bound over the spot to give a steady pressure till the blood ceases to flow. If there should be a spurting of blood from the wound a steady pressure should be maintained over the artery or vein till it can be secured. Where the wound is not very large and in case of simple bruises it is better to mat the hair down and apply a simple bandage than to shave the head and treat the injury in what some are pleased to call a "thorough manner." Where profuse hemorrhage results from cuts on the trunk and extremities the flow may be stopped by pressure on the arteries till the blood vessels can be picked up and tied. The hemorrhage from incisions upon the extremities is often aggravated by tying a bandage at random above the point of injury. The ARTERIES which carry the blood from the heart to all parts of the body are located nearer to the bones than the VEINS which return the blood to the heart. Therefore a bandage ignorantly adjusted is likely to press hard upon the superficial veins and very slightly upon the arteries. The result of this is that blood passes from the heart to the extremities and is prevented from returning by the pressure on the veins and consequently flows out at the wound more rapidly than ever.

Among the best applications for stopping hemorrhage are powdered ergot, Monsel's salts and nut galls. These articles may be obtained at any drug store. Spider's webs, and the fungus growths called "puff-balls," may be used when other remedies are not available. The best external applications

to stop bleeding from the nose and lungs are cold water effusions to the lower abdomen and back.

Superficial Wounds, and even those that are comparatively deep, if clean cut, should be pressed together without washing, closed smoothly and held in position by strips of sticking plaster. In this way the wound will often heal by first intention, and cause very little trouble.

SUFFOCATION. Suffocation often occurs from breathing coal gas, illuminating gas, charcoal gas, choke damp, etc. Coal stoves often produce poisonous gases to such an extent as to suffocate persons sleeping in the room. Those who use coal stoves in their sleeping apartments, should be careful to have their rooms thoroughly ventilated. The first effect of gas is to irritate the mucous membrane, and produce coughing, but the victim soon sinks into a state of profound stupor, and unless speedily aroused from this unconscious condition by proper restoratives, death soon results from asphyxiation. Fresh air, friction to the skin, especially at the extremities, cold effusions to the head, artificial respiration, galvanism, stimulants, etc. Artificial breathing, which is of great importance in many cases, will be explained under the head of DROWNING.

Noxious Gases. In case of suffocation from noxious gases of any kind, the treatment recommended above should be promptly applied. Dash cold water in the face and neck, and apply heat to the body if it is cold; rub the hands and feet and give stimulants.

DROWNING. When a person is rescued from the water in an unconscious condition, the first move should be to rub the mouth and nostrils clean, remove the clothing from the upper part of the body and rub the exposed part dry as rapidly as possible. The next step is to perform artificial breathing, which is done as follows:

Artificial Breathing. Turn the patient on his face, having first placed a bundle of tightly rolled clothing under his stomach, and press heavily directly over it, upon the spine, for about half a minute. Next turn the patient quickly on his back, still keeping the bundle beneath him in such a way as to raise the short ribs a little higher than the level of the mouth. Kneel astride the patient's hips, and with your hands resting on his stomach, spread out your fingers and grasp the waist about the short ribs. Then throw your weight forward steadily upon your hands, squeezing the ribs deeply at the same time, as if to force everything upwards and out of the mouth. Continue this pressure while you can count one, two, three; then suddenly let go while you can count one, two; then throw your weight forward again as before, repeating the entire motions about four or five times a minute, continuing as nearly as possible, with the regularity of time and motion, observed in natural breathing. This operation should be continued for two hours, unless consciousness is sooner restored. While performing the operation of artificial breathing, some one should

hold the patient's hands together, with the arms stretched forcibly above the head, and at the same time hold the tip of the tongue out of one corner of the mouth, to prevent it from falling back and blocking up the air passages. When breathing has become natural, strip off the wet clothing, wrap the patient in warm blankets and give a little hot brandy in water, or some other stimulant that may be available.

To Restore Warmth. The best means at hand to restore the natural warmth of the body should be applied immediately when a person is taken from the water in a drowned condition. The body should in all cases be rubbed briskly with the hand, but if other means can be had they should not be neglected; heated bricks and bottles or bags of hot water should be applied to the soles of the feet, the armpits, the pit of the stomach and between the thighs. The whole body may be fomented with hot flannels, or immersed in a hot bath if the conveniences are available.

FRACTURES AND DISLOCATIONS can usually be distinguished from less serious injuries by the pain and deformity at the seat of injury. The injured part should be kept in as comfortable a position as possible, until proper surgical assistance can be obtained. In the meantime applications of cold water will alleviate the pain and help to keep down the swelling.

All dislocations are characterized by pain, which is greatly increased if the limb is moved; there is a depression in one place with a corresponding enlargement in another, the joint cannot be moved voluntarily, and the limb is shortened. In cases of falls or accidents, old people are more liable to fractures than dislocations, on account of the brittleness of their bones.

Contusions. Cold applications and lotions usually constitute the best treatment for ordinary bruises and contusions. In the absence of any better remedy, lay a cloth over the injured part and keep it wet with cold water. If there is much pain it can be relieved by hot fomentations or a hot bran poultice. The following is a good lotion for both bruises and sprains:

Tincture of Arnica.....	2 ounces
Laudanum.....	1 "
Distilled Hamamelis enough to make one pint.	

Shake well in a bottle and apply freely to the injured part.

Sprains. The injury in sprains consists of a stretching or tearing of the soft parts about the joints. Careful bandaging, with pressure enough to prevent effusion and still permit motion, is the best treatment. The lotion recommended above for contusions, may be applied to sprains with good results.

BURNS AND SCALDS. The first thing to do in case of a burn or scald is to apply something that will exclude the air from the injured part as much as possible. Apply flour, powdered chalk or magnesia, linseed oil or lime water, and wrap carefully in cotton batting. Another valuable mode of treatment is to spread a piece of cloth with chalk

ointment and lay it over the injured part. If you have no ointment do not wait to get it, but use cloths dipped in linseed oil or lime water, or cover the burn with honey or molasses and sprinkle it with flour.

Ointment for Burns. Take prepared chalk, which can be obtained at any drug store, and mix it with enough lard to make a thick ointment. This ointment is cheap and easily prepared, and is very beneficial in case of burns and scalds, if applied immediately, because it effectually excludes the air and keeps the skin soft, thus preventing contraction and consequent scars.

RESUSCITATION. By accident, excitement or disease, one may be suddenly thrown into a fit, stupor or other unconscious condition, which is liable to end fatally unless efficient remedies are promptly applied. It is therefore important to know what means and remedies should be adopted to restore a fainting or stupefied person to consciousness. We have already given instruction for cases of drowning, and will add that the process of artificial breathing, there described, should be resorted to in all bad cases of fainting, stupor, etc., where consciousness cannot be restored by more simple means. As a person who has presence of mind and knows how to apply restoratives, may often be of great service and even save life, the time devoted to acquiring a knowledge of how to perform artificial breathing and utilize the instructions given in these pages, will be well spent.

Fainting, or syncope, is a state of suspended animation, due to sudden failure of the action of the heart. It may be caused by heart disease, nervousness and strong emotions, heat, bad air, etc. The first movement in a case of fainting should be to place the patient in a horizontal position; it is better to have the head lower than the feet. The clothing should be loosened about the neck, chest and abdomen, and cold water dashed in the face; doors and windows should be opened and people prevented from crowding around, in order to secure the advantage of cool, fresh air. Cologne water, sal volatile or some other refrigerant should be applied to the temples and forehead, and carbonate of ammonia (smelling salts) to the nostrils. If these means fail, artificial breathing should be commenced. When natural respiration has been established, stimulants may be given.

Stupor from Cold. In cases of stupor, or apparent death from intense cold, and in all cases of freezing, remember that it is dangerous to apply heat too soon. Rub the body with snow, ice or cold water, and thus restore warmth by slow degrees, and afterwards make use of artificial breathing if it is necessary.

Stupor from Intoxication. Place the victim on his side on a bed, with the head slightly raised; loosen the clothing and apply hot bottles or bricks to the legs and feet, and cloths wet in cold water to the head; induce vomiting and apply smelling salts to the nostrils.

Stupor from Apoplexy. In all cases of stupor or apparent death from apoplexy, raise the head immediately and see that it is supported and kept higher than the rest of the body. Remove all tight clothing and apply cold lotions, cloths wet in cold water or bags of cracked ice to the head. According to the instructions previously given, in cases of fainting the head should be kept as low, if not lower, than the rest of the body, because the syncope is due to the failure of the heart's action, and it requires a less powerful impulse to circulate the blood when the body is in a horizontal position; but an apoplectic fit is due to determination of blood to the brain, therefore the head should be raised to facilitate the return of the blood from the over-charged cerebral vessels. Bleeding, or the application of leeches is often beneficial in such cases, and a physician should be called at the earliest opportunity, as such attacks are very dangerous.

Sunstroke. Cases of sunstroke are also dangerous, and should be treated much the same as apoplexy, except that bleeding should be rarely, if ever, resorted to. If a person is stricken down suddenly in the hot sun, he should be removed immediately to the shade, and cold water applied plentifully to the head. Mustard plasters may sometimes be applied with benefit. After consciousness is restored the patient should be kept cool and quiet. In cases of apoplexy and sunstroke, stimulants should generally be avoided entirely, and even in cases where they are indicated they must be used with the finest discrimination.

Lightning. In cases of injury from lightning, the patient should be roused to consciousness, if possible, by dashing cold water in the face, rubbing the limbs and applying such other restoratives as we have already described; hot bricks may be applied to the feet, and stimulants given to keep up respiration and circulation.

Violent Shocks. If a person is stunned by a violent shock or concussion, the clothing should be loosened, the head slightly raised and heat applied to the extremities. Keep the patient as quiet as possible and do not give stimulants too freely.

Choking. An obstruction in the throat can usually be dislodged by seizing the patient and turning him head downwards, and in bad cases where there is immediate danger of suffocation, and no surgeon at hand, this is, undoubtedly, the best means that can be adopted. In case of a fish-bone or other hard substance becoming lodged in the throat, without producing suffocation, a large piece of potato or soft bread should be swallowed, as by this means the passage may be cleared.

Hanging. In cases of apparent death from attempted suicide by hanging, the principal remedies are artificial respiration, and bleeding, to relieve the congestion of the brain; if there be no surgeon at hand to perform the operation of bleeding, apply leeches to the forehead. In all serious cases a physician should be called if possible.

CAUTION.

HOW TO GUARD AGAINST THE ACCIDENTS AND DANGERS INCIDENT TO LIFE.

In view of the dangers which constantly surround us, and which are increased rather than diminished by the implements and appliances of civilization, it behooves every person to exercise due caution and provide himself with the means for preventing the more common kind of accidents, and for avoiding the worst consequences when such misfortunes do occur.

Presence of Mind is the best safe-guard against accidents, while nervousness and excitement always increase the danger. But few people can keep cool enough to exercise their best judgment in the presence of an impending catastrophe, yet presence of mind is a quality that can be cultivated, and what most inspires confidence and preserves presence of mind is knowledge combined with skill—knowledge of what should be done in cases of emergency, and consciousness of skill to execute the proper movements and operations. A person thus equipped with practical ability is ready to cope with any emergency, and can act with promptness, coolness and efficiency, while others are so dazed and bewildered that they only add confusion to scenes of danger. We therefore recommend a careful study of the instructions we have given under the head of **EMERGENCIES**. It will be a great aid in acquiring presence of mind by developing that self-confidence which always accompanies the consciousness of knowledge and skill.

Observation and Attention. Learn to observe and give attention to what is transpiring about you, especially when you go abroad. Those absent-minded people who, like the citizens of Laputa, need "flappers" to bring their attention to practical things, are almost sure to be run over or trampled upon in these busy times.

Contagious Diseases. On entering the sick room place yourself in such a position that any currents of air will be from behind you, towards the bed, and not from the patient towards you. Do not bring yourself in proximity to a patient with a contagious disease when you are tired and exhausted, when in a state of perspiration or when your stomach is empty, and do not visit such a patient in the morning before the room has been aired. After you have been exposed, air your clothing thoroughly and take some food. It is best to change the clothing and have the garments that are laid aside placed where they will be exposed to the air for several days.

Fire is one of the most common causes of accident, and it is safe to say that the majority of such accidents are purely the result of carelessness and neglect. We have not space here to rehearse the numerous precautions against fire, and it is not necessary, because all persons are familiar with them, and do not need pure information on this subject so much as urging to carefulness.

One of the best weapons with which to

fight an incipient fire is a long-handled mop. By dipping the mop in a bucket of water and vigorously slapping the flames, a considerable fire can be promptly extinguished. It will pay to keep such an article in a convenient place, as it is cheap and does not occupy much room. When a person's clothing takes fire, the victim should be thrown on the floor and rolled in a blanket or the first garment or piece of cloth that can be found. When it becomes necessary to pass through smoke or fire in escaping from a burning building, wet a blanket and wrap it around the form, covering the face, especially the nose and mouth. If there be time a wet cloth or napkin should be tied around the head. Arrayed in this way a person can run the gauntlet of fire and smoke where with ordinary clothing he would be suffocated and burned to death. A large pitcher of water should always be kept in the sleeping room. When there is no escape from the fire except through the window, a person possessing presence of mind can soon improvise a serviceable rope by tearing up the sheets and blankets and tying them together. It is a good precaution, however, to have a rope at hand for such emergencies.

Water. When persons who are not good swimmers go on the water to row or sail, each one should be provided with a life preserver, for use in case the boat should be upset. These articles are now made in great perfection, and there is no good reason why people should take the risk of being drowned by neglecting to utilize them. The seats in a boat should be near the bottom, so as to keep the center of gravity low. If you are in a small boat and it appears to be in danger of upsetting, sit on your knees in the bottom and be sure to keep your hands off the sides of the boat, because if it commences to rock, and you put your hands on the edges to steady it, you will be almost sure to upset it.

To rescue any one from the water requires coolness and judgment. The drowning person must be caught at an advantage, or he will convulsively clutch the swimmer in such a way that both will drown. The attempt of a person who is not a good swimmer, to rescue another person, generally results in the loss of two lives instead of one. For instructions about how to proceed when a person is taken from the water, see article on **DROWNING**.

Riding and Driving. In case of a runaway it is usually safer to cling to the seat than to jump. A man who is quick and agile and who maintains presence of mind may jump without much danger, but women and old or heavy persons are almost sure to be hurt if they make the attempt.

Lightning. When caught in a thunder storm out of the reach of a dwelling, a clump of shrubbery is the safest place in which to take shelter. Trees are dangerous on account of their height, and barns on account of exhalations which seem to attract the electric current. In the house keep away from the stoves and grates, and avoid currents of air. An interior room is the safest place.

DOCTORS.

IS THERE ANY HONOR IN BEING A MEMBER OF THE PROFESSION.

From the numbers who study medicine and graduate from the various colleges every year, it would naturally be supposed that the profession is a high calling, that gives to its followers the undisputed right to an honorable name and position. And there can be no doubt that the work of healing the sick and looking after and superintending such important interests as the physical welfare of the people should constitute a high and noble profession. Yet we are daily confronted by the unwelcome facts, which force us to acknowledge that the title of "M. D.," even when honestly earned, is not of itself a distinction of which any man has reason to feel proud.

There is probably no class of men more prominently held up for public ridicule than doctors. Among all the thousands of publications, issued daily, weekly and monthly, there is hardly a number that does not contain a slur of some kind on the physicians of the day. In addition to furnishing the material for a large proportion of the so-called witticisms of cheap paragraphers, their public actions and private lives are made the subject of sensations or of ridicule wherever an opportunity is possible, and their professional labors and opinions are commented upon by those whose ignorance of the facts and theories of medical science precludes the possibility of a just criticism. It makes little difference in regard to the physician's real ability or standing. The educated and competent have to stand their share of this ridicule and unfavorable comment with the ignorant and inefficient, and the more noted the doctor may be, the more these self-constituted critics seem to delight in making puns at his expense and casting a shadow of doubt over his ability and sulling his character with the defiling touch of slander. As an illustration of this, we have only to remind our readers of the fate of the eminent physicians and surgeons who attended the late President Garfield. People unacquainted with the science of medicine often think doctors should know things that it is impossible for any one to know, and when a good physician is found to have been mistaken in regard to something that at best was only a matter of conjecture, he is immediately denounced as a man who does not know his business. All these things have to be quietly endured by every doctor, and when they are compared with the honor of having a medical diploma and of being looked up to as a doctor by a small circle of acquaintances, the vexations will usually outweigh the honors.

While we deplore this state of things, we must admit that the doctors themselves are responsible for it, and, as a class, are doubtless guilty of all they are accused of. An influx of incompetent, uneducated doctors has degraded the standard of the profession, destroyed public confidence, invited public

criticism, and by inexcusable blunders and the display of uncommon ignorance, they have given occasion for all the vulgar jests the profession has had to bear. Every profession is more or less injured by such a class of hangers-on, but they seem to have chosen the practice of medicine as a particularly inviting field, and not without reason, since the very regulations adopted for the ostensible purpose of shutting out these incompetents have tended to foster their interests and protect them from public exposure.

Then the medical schools have given every occasion for ridicule by their continual wrangling one with another, only acting harmoniously when they have some common, selfish interest at stake, such as the passage of some arbitrary law. When of three or four different schools each claims to be the exclusive possessor of the true theory, and that all others are frauds, who can question the right of the people to doubt them all? When they ridicule and denounce each other, how can it be expected that the people will have confidence in their ability or put any trust in their sincerity? In the study of a science like medicine, in which there are many theories of a speculative character, no class of men has a right to claim the prerogative of infallibility. To do so is to give evidence of either ignorance or dishonesty. Yet this is just what the various medical schools are doing when they deny to each other the correctness of their respective positions. According to one school, all the rest are wrong, and if we accept the principles of any particular class, we must believe that about three-fourths of all the doctors are frauds. The only reasonable theory is to believe that they all have their good points and their faults; to accept what is good in each, and to reject from each what is unreasonable and worthless. But the man who takes this position makes himself particularly obnoxious to all the schools. And consequently the people have every reason for distrust and ridicule, and they very sensibly withhold from the profession that honor and deference which it should command if conducted on a system worthy of the nature of the calling.

We found out long ago that there is no honor in the simple fact of being a doctor, but there is honor in being a successful doctor; not successful in making an easy and, indolent living, but successful in curing the sick and relieving the suffering. We claim no honor, no respect, no confidence because we are doctors, but we do feel gratified to know that we are successful physicians. We are not sensitive about being called unprofessional, and do not care if some people call us quacks. We would rather be called quacks than to suffer the ridicule that justly falls to the share of the regular profession, and so long as we do our duty and cure our patients, it makes little difference what ill-disposed people say. "Virtue is its own reward," and the gratitude and confidence of our patients are worth more to us than any honors the profession has to bestow.

We follow the practice of medicine not to make a living by indolence, not because we are in search of the empty baubles that men call honor and fame, but to make an honest living by hard and honest work, and at the same time to do what every man and woman should strive to do in one way or another—lighten the cares and sufferings of this life for as many as possible. We feel gratified that we have been in a large measure successful, that we have won the gratitude of many who were once miserable with the pains of disease—a gratification and an honor of which we cannot be despoiled. Our professional brethren are welcome to all the honors that can accrue from high standing in the medical societies, or from the name of having great theoretical knowledge. We are satisfied with the more practical honors of unquestioned success.

FINANCIAL SUCCESS.

There are so many doctors in every city, village and hamlet, that people often wonder how they all make a living. Some of them certainly do eke out a very precarious existence. We can at this moment think of many who are struggling to keep up appearances on an income no larger, and far more uncertain, than that of a common day laborer. What a pity that such men have mistaken their calling. They might have made excellent carpenters or blacksmiths, or farmers, and could make more money, do more good and less harm at almost any kind of manual labor than they do in the medical profession. Yet through the characteristic gullibility of the American people they manage to live and practice the profession that their ignorance and criminal blundering disgrace. Elevated in their own conceit, and screened from public criticism and exposure by societies that assume tyrannical prerogatives, they are enabled to maintain their social and business standing by the observance of a few outward forms which according to professional ethics, constitute the garb of respectability. There are others who are totally unfit for the responsibilities that rest on a physician, who make money from their profession and still maintain their standing by being versed in various arts of trickery, of which their patients never suspect them to be guilty. Notwithstanding all this there is no reason why a good doctor should not have a thoroughly honorable and prosperous business. Few people are aware of the vast amount of work there is for good physicians to do. Few indeed, have any just conception of the numbers who are searching for some one who can cure them. Thousands who, to all outward appearances, are healthy and strong, are continually taking treatment for some ailment which they would give almost anything they possess to be rid of. Those who have always enjoyed good health can not appreciate the value of a skillful physician's services. But those who are so unfortunate as to be in an invalid condition a large share of their time feel that the restoration of their health would be the greatest boon that fortune could bestow

on them, and they will never cease to be grateful to the man whose skill puts them in the way of obtaining the priceless treasure they have so earnestly sought. The reader will probably observe that a really skillful and honorable physician may build up for himself a practice and a reputation based upon the surest and most satisfactory of all foundations—the respect and confidence of an appreciative public. His reputation is sustained by the grateful remembrance of his patients, and his services will be in the highest demand, because his skill enables him to offer what is sought for above everything else by those who do not possess it—health. There can be few positions more gratifying to a man in whose nature the finer feelings of humanity are predominant than that of the careful and successful physician, who knows that he is daily relieving suffering, and that hundreds of happy hearts are turning to him with gratitude as their deliverer from the lingering torments of disease. Such a position is only attained by the few who have unlimited patience and energy, aided by superior intelligence and guided by honesty and sincerity of purpose.

The phenomenal success of the originator of the New Method Cure is a striking illustration of the force of the foregoing observations. Actuated by the incentive of an ardent love for his profession, encouraged by a faculty for grasping its most intricate problems, and guided by a never-failing interest in his patients' welfare, he has won a reputation and practice to which few can hope to attain. The increase of his business keeping pace with the spread of his fame as a successful practitioner, he found it necessary long since, to engage a complete staff of professional assistants. These were always selected from the ablest and the best at high salaries, and no expense was ever spared in supplying them with all the advantages that modern science offers to aid the educated and liberal physician in the cure of obstinate diseases. During years of unvarying success our physicians and surgeons have become thoroughly experienced in their respective specialties and trained in the scientific treatment of disease according to the New Method. We take pride in the financial, as well as in the professional success of our New Method Cure establishment which is now the largest and most complete institution of its kind in the world.

It is a great mistake to think that a doctor only requires a small office with a few books and instruments. Capital and financial success are just as necessary for a physician as for a merchant, that is, if he intends to do the best that can be done for his patients at a reasonable expense to them. It is impossible for any physician to give the best treatment to all his different patients unless he has the very best facilities, constantly at his command. As some of these can only be obtained at great expense they are not used by those doctors who do not believe in investing capital in their business, or who have none to invest.

QUACKS.

WHAT ARE THEY, AND HOW CAN THEY BE SUPPRESSED?

The quack is an ubiquitous personage in the business world, and his history is traceable through many generations; yet his identity is not always apparent, and his character is but imperfectly understood. The invectives that have been hurled against him, and the alleged exposures of the crooked practices of his doubtful profession have only intensified the mist that shrouds his mysterious individuality.

Quackery is the witchcraft of the nineteenth century. It has been a delusion to many whose general good sense in practical affairs might naturally be supposed to act as a safeguard against the intrigues and machinations peculiar to such a system. And in every attempt at its suppression the innocent have suffered and the guilty have been remarkably successful in making their escape without loss.

Quack literally means to cry or make a noise like a duck.* The importance of that much abused fowl in the economy of nature is not generally admitted to be in due proportion to the noise it makes in the world; therefore the term "Quack" was first applied to those who talked loudly and pompously on the streets, professing to cure diseases altogether by empirical methods. With the era of newspapers it began to be applied to those who puffed themselves or their worthless nostrums through the agency of the legitimate advertising mediums, and in our own times it is devoted almost exclusively to advertising physicians, who, regardless of their character or qualifications, are unjustly compelled to bear all the opprobrium that attaches to the name.

From the derivation and history of the word, we logically conclude that a quack is a person who makes or tries to make his livelihood by impressing the public with an over-estimation of his own qualifications and attainments, or of the advantages to be gained by dealing with him. If this conclusion be correct, (and we think no one will dispute it), it overturns three popular fallacies in regard to quackery:

First:—That quacks confine their operations principally to the medical profession. Second:—That legitimate advertising is an evidence of quackery. Third:—That it is the character of the methods used to deceive the people that determines whether a man is a quack or not.

There are quacks in every occupation and in every condition of life. In every city we find the quack doctor who lays claim to a better knowledge of the way to treat disease than any other mortal, yet his patients have a mysterious way of getting worse or dying on his hands; we also find the quack lawyer, who is always waiting for a case. He had very common talents to begin with, has a very common education, and what is more to be deplored, has had very indifferent success, yet he would have the world believe

that no other lawyer can so satisfactorily represent the interests of his clients; there is the quack artist, who, according to his own representations, has the genius of a Raphael, yet for some reason or other has never been appreciated; there also is the quack merchant, who keeps a stock of cheap and damaged goods and represents a five-dollar coat to be worth ten dollars, and tries to make us believe that no other merchant has such good articles or sells at such ruinously low prices; there also is the social quack, who by the aid of a little wealth moves in what we are pleased to call the highest circles, he is acquainted with all the society lights of the place, and is puffed and toasted as a gentleman of the first order, yet to persons of real refinement, he always has an unaccountable savor of boorishness; then there is the literary quack, who writes smart things about persons, theories and systems so far above him that his Lilliputian brain cannot comprehend either their aims or motives. These are only a few specimens of the genus, but are sufficient to enlighten people of good sense as to how they may be able to discover a quack no matter what garb he wears.

In regard to the second fallacy: Advertising in its proper sense has no element of quackery. The best and most reliable business houses are those that advertise most extensively. The reason is plain. No man can afford to advertise extensively for any length of time unless he is doing a good reliable business. If he be a merchant he must have capital and be able to buy in the best markets and on the most advantageous terms. By advertising he invites public investigation and comparison with other houses and his business must bear the light. If it does not, his advertising will soon bankrupt him. The quack merchant is seldom, if ever, known to advertise, that is, in the legitimate way. He tries all kinds of schemes to catch the ignorant and unwary, and on his power to catch this class he depends for his profits. He does not desire to excite public attention or intelligent investigation, for he well knows that it would be disastrous to his business. The advertising merchant on the other hand depends upon the intelligent classes, those who read and think, for his trade, and the more they investigate and talk about his business the better it is for him. Any business man may advertise to any extent and not be guilty of quackery, so long as he tells the truth and lives up to his promises. And any other doctor may advertise in all the papers in the world and not be guilty of quackery so long as he tells the truth and does not misrepresent his facilities. If a merchant has the best stock of goods in the city, and advertises that fact, he is only an energetic business man; if he has an inferior establishment and advertises the best in the city, he is a quack. If an educated, well-established doctor advertises those facts he is only an energetic physician; but if an ignorant, unsuccessful doctor advertises for exceptional skill and ability, he is a quack.

Keeping our definition of a quack in view, we notice in the third place that a man may be a quack and not advertise at all, in the regular way, and that the character of the methods used to deceive the public cannot, under any circumstances, exempt him from classification with quacks, if he answers the description in other particulars. Whoever attempts to impress the public with an over-estimation of his qualities and attainments, is a quack in the particular line to which he devotes himself, and to shun regular advertising entirely, is sometimes the most effectual method of accomplishing his ends. The medical societies and organizations that repudiate advertising entirely are among the greatest systems of quackery in existence. The pedantry which fosters their ethical edict against advertising, is itself the very essence of quackery. The prerogatives which they assume are intended to make the people think that they alone are qualified to practice medicine, and that all other doctors are dangerous and worthless. Such assumptions as these are among the most obnoxious features of quackery. When any class of men claim that they possess all the merit there is in any specified direction, we may safely brand them as quacks at once, because they are claiming something that does not belong to any one. It is well known that many of the graduates of first class medical colleges are very inferior doctors. Hundreds of them are utter failures. It is not always or altogether the fault of the colleges, for there are failures among the graduates of all institutions of this kind. The graduates of theological seminaries do not always make good preachers. It is the same with law schools and lawyers, all of which proves that a man must have inherent qualifications for his profession if he makes a success. Now when a man graduates from a good medical school, and gets his diploma, he commences practice with the assumption that he is a competent physician. The very facts that he has a diploma, that he repudiates advertising according to the ethics of his school, and adheres to the dogmas of his college, are so many declarations to the public that he is a thoroughly educated and competent physician, and above the common herd of doctors. Suppose then, notwithstanding the high character of the college he attended, that he is totally unqualified by nature for his calling, and his bungling practice proves him to be an utter failure. Is he not a quack of the most dangerous character? Is he not daily attempting to impress the people with an over-estimation of his qualities and attainments by practicing under the ægis of a reputable and well-known school? Hundreds of worthless doctors are making a fat living in this way, who would starve if they had to depend on their own ability, unaided by the influence of medical societies. Though these doctors never pay a cent for advertising, they are the worst and most dangerous quacks in existence, because like the quack merchant they avoid public investigation as much as possible, and thus

manage to hide a large share of their blunders. The advertising doctor must cut himself loose from the support of all associations and combinations and stand upon an independent footing. He invites the public to investigate his business, and consequently if he is a quack the people will soon find it out. This is the reason that the advertising quack is less dangerous than the ethical quack.

Having seen what quackery is, it is now in order to ask how it can be suppressed. The remedy is very simple. Let merit be the standard, and let every doctor be responsible for his own blunders. If a lawyer is successful his clients do not care what college he graduated from, or whether he graduated at all; if he is not successful, the fact that he graduated from Yale or Harvard is but little consolation. If a preacher delivers eloquent and instructive sermons, the people care very little about the circumstances of his education. It should be the same with doctors. A doctor should be given the credit his success deserves, and if he is a failure he should not be employed no matter where or how he has been educated. If the people were left to use their own good sense, all these difficulties would soon adjust themselves as they do in other professions. All the trouble arises from the efforts of ethical quacks to force their theories upon the public for their own aggrandizement. Let us hope that they may soon see the futility of all such selfish intrigues and work for the adoption of such measures as are calculated to elevate the standard of the profession, and operate for the interests of the people.

All the physicians and surgeons of the New Method Cure establishment hold diplomas from the best medical colleges, but we do not parade this fact before the public as a reason for public confidence. We prefer to be judged by our work, because we believe that success in curing disease is the only ground on which any physician can justly claim the confidence and patronage of suffering invalids.

* Lest the reader should be perplexed by apparently contradictory statements, it is perhaps necessary to explain that there are two current opinions concerning the origin of the word quack. Some eminent authors claim that the term was first applied to Paracelsus and his disciples because they introduced the use of Mercury or Quicksilver as a medicine. They tell us that the substance was then called QUAX or QUACKSALVEN, and that the then regular physicians, as being at its pretended virtues and called those who used it QUACKS. Whatever truth there may be in this theory, it has nothing in common with the present meaning of the term, and no relevancy to its modern application. The very doctors who at the present time most vigorously denounce all others as quacks, are those who make the most extensive use of Mercury. While the history and etymology of the word are not altogether satisfactory, our theory is undoubtedly as nearly correct as any that can be adduced. Paracelsus and his followers became so enthusiastic over the discovery of Mercury as a remedial agent, as to imagine that it was to be the universal panacea for every form of disease, and many of them no doubt thought that they had all but discovered the Elixir of life. These extraordinary claims, made at a period when all kinds of delusions flourished upon the rank soil of Ignorance and Superstition were in all probability the reason they were called quacks, rather than any similarity between the term and the name of the new remedy.

EDUCATION.

THE RELATIONS OF MENTAL, MORAL AND PHYSICAL CULTURE TO HEALTH AND HAPPINESS.

An objectionable feature of modern education appears to be its tendency to result in a one-sided development. We find numerous writers and teachers bemoaning the deterioration of physical perfection as the result of undue devotion to intellectual acquirements. We are often referred to the noble examples of the Greeks and Romans who cultivated physical strength and beauty as paramount with the highest mental and moral attainments, and whose greatest intellectual giants were often the men of the finest physical development. The decadence of interest in physical culture has been attributed to a defective curriculum in our schools and colleges which leads one author to say:

"We make brilliant mathematicians and miserable dyspeptics; fine linguists with bronchial throats; good writers with narrow chests and pale complexions; smart scholars, but not that union which the ancients prized, a sound mind in a sound body. The brain becomes the chief working muscle of the system. We refine and refine the intellectual powers down to a diamond point and brilliancy, as if they were the sole or reigning faculties, and we had not a physical nature binding us to the earth, and a spiritual nature binding us to the great heavens and the greater God who inhabits them. Thus the university becomes a sort of splendid hospital, with this difference, that the hospital cures while the university creates disease. Most of them are indicted at the bar of public opinion for taking the finest young brain and blood of the country, and, after working upon them for four years, returning them to their homes, skilled indeed, to perform certain linguistic and mathematical dexterities, but very much below par in health and endurance, and in short seriously damaged and physically demoralized."

While there may be a great deal of truth in the above we do not feel disposed to charge such a mournful state of physical neglect and decay entirely upon the universities and colleges. It is certain that physical culture is sadly neglected, but those who neglect it are not all college students or college graduates. Our scholars and literary men may give too much attention to the intellectual greatness of Homer, Plato, Aristotle, Virgil and their noted contemporaries, and too little to those institutions for physical culture which had their part in strengthening the foundations of genius in the minds of the ancient poets and philosophers, but this is a different age. It has different tendencies, different necessities and different habits. The

NEGLECT OF PHYSICAL CULTURE

is not the result of an inordinate passion for intellectual pursuits, it is not the result of a lack of appreciation of the value of a perfect physical development; it does not originate as some suppose, in the follies of fashion, for those who think it is not fashionable to be healthy are too few to have any effective influence; neither is it the result of modern æsthetic education. It is born rather of the changes of modern civilization and the

hurry, flurry and excitement of the times. The changes brought about by invention and improvement have necessitated the division and subdivision of labor till men have become so expert in certain departments of work, that in order to succeed, those who are training themselves for any position in life must choose some particular line and follow it with the most persevering assiduity. Otherwise they will not be able to compete successfully with others. Men have therefore learned that whether they choose the field of science, literature or any other occupation, they must devote themselves almost exclusively to their own work if they would excel or even attain an ordinary degree of success. This condition of things is not favorable to the highest degree of either physical or mental development. It not only results in physically debilitating those who devote themselves to intellectual pursuits, and dwarfing intellectually, those who engage in manual labor, but it narrows the person's mind down to the limited sphere of his own closely defined occupation. We consequently find literary men who are lacking in the most important knowledge of common things, whose bodies are weak and undeveloped and who scarcely know how to use their limbs and physical energies for the purposes for which nature intended them; professional men well educated in their own line but ignorant as children in regard to everything else; mechanics skilled in certain arts and the handling of certain tools and instruments, but who have no knowledge, either practical or theoretical even about other trades; farmers who have learned just enough to conduct their own labors, but who would be as much lost in any other position as "fish out of water."

This condition of training and education has been advocated and is to a large extent necessary in these times. But it is to this that the one-sided development of men must be principally attributed. And this is why the ancient Greeks can not be held up successfully as examples for this age. Those whom we read of were great men who were not obliged to struggle for mere existence. They were Fortune's favorites and had time to devote themselves to different pursuits and they did not have nineteenth century competition to work against. Instead of bewailing the imperfect development of men in our own time as compared with the ancients we should strive to adapt ourselves to the conditions of the present. Our system of education is better than that of the ancients, but our times demand something better still.

DISCRETION AND ENTHUSIASM.

We have seen that it is almost impossible in these days to follow a course of training or an occupation that will call into exercise in due proportion all the physical and mental powers. Such an occupation could hardly be maintained in the natural order of things, and every advance of civilization seems to put the possibility farther into the background. Still we believe that every person,

by the judicious use of his leisure time, and by taking advantage of favorable circumstances, may be able to so widen his own character, knowledge and experience as to reach a healthy development of both mind and body.

The first great mistake that is usually made and which leads so often to physical weakness and ultimately to shattered health on the part of students and brain workers is struggling too intensely to keep pace with the times. They strain their energies and faculties to the utmost to accomplish something which is almost beyond their reach. There is no true wisdom in such a course and nothing to be gained by it. Good health is the first essential qualification of the scholar as well as of the laborer and his first care should be to guard it well. By overtaxing himself and drawing on his future strength a man may accomplish more than his fellows for a time, but it can not last. He will find that some day his capital is exhausted and that he is a bankrupt in health and in mental vigor. It is well and necessary to follow a particular line of work faithfully and assiduously, but it is neither wise nor necessary to let an inordinate ambition drive us beyond our strength. Those who have a high ambition and a difficult end to attain should remember that the surest way to reach it is by hoarding their strength and only expending their energies where they can be expended with advantage. The old story of the three horsemen who had a long journey to perform is very suggestive here. The man of experience advised his younger companions to ride at a moderate speed in the morning and they would surely reach their destination before evening. They laughed at his advice and rode off at full speed leaving him behind, but long before night he passed them and completed his journey while they were obliged to stop on the road. It is so in the journey of life. Those who live too fast, either by being reckless and dissolute or by overtaxing their powers in any line of work, physical or mental, will be worn out before they have enjoyed all that nature intended for them, and before they have accomplished all that a wise Creator gave them the ability to perform. How often in the race of life some one who gave promise of an unusually brilliant career is broken down in health and obliged to give up all his high ambitions, while another who possessed less talent, it may be, but who wisely cherished and developed all his powers, rises steadily and surely till he attains a position that was far beyond the reach of misguided genius! Those who would make the most of the gifts with which they are endowed will not consider it a waste of time or talent to devote a part of their time to the development of those powers and faculties which are left idle in the pursuit of their chosen vocation.

CHOICE OF OCCUPATION.

We can not always choose the occupation we would like to follow, but in whatever legitimate calling our lot is cast we can find

opportunities for usefulness, and reasons for being happy and contented if we will only seek them. There is hardly any occupation that does not offer some special advantages for physical and mental culture. In our opinion, however, the farmer's life may be made to approach the nearest to the ideal vocation. His varied labors bring all the physical powers into action, his work is in the pure air and sunlight and if within the bounds of moderation is probably more healthful than any other kind of labor. A farm life offers superior advantages for the cultivation of the mind. Some may think this a strange assertion, but it contains a great deal of truth which has never been fully appreciated. There was a time when people living in the rural districts were at a disadvantage in this respect, but railways, telegraphs and newspapers have carried the advantages of the town into the country and the farmer can enjoy the best intellectual facilities of the city in his quiet home. But the greatest advantage he possesses is the nature of his occupation. His labor is physical and when his day's work is finished his mind should properly turn toward intellectual and social culture. By making these his recreation his position is enviable when compared with that of many business men, clerks, bookkeepers, etc., who are obliged to exercise their brains all day upon some dry practical subject which only develops the mind in one continuous uninteresting channel. The farmer's labor may be no more interesting and just as wearing upon the system, but how much better is his position when the day's work is done! While he is resting from his physical labors he can take enjoyment in reading and intellectual improvement, if indeed he has inclinations in that direction, but he who has exercised his brain all day must seek in his leisure moments some physical recreation instead of fatiguing his mind still further with mental pursuits. Those brain workers whose work gives scope to all the mental faculties and who have plenty of time for recreation may consider their calling a very happy one so far as the requirements of nature are concerned, but it is usually the case, especially in large cities that such work is so closely classified and subdivided that it usually becomes far more monotonous than the work of the farmer or even of the mechanic. But the difference in the average longevity of people engaged in various occupations is not so great as many suppose and we are led to believe that where the individual is careful to use the means within his reach for the preservation of health he will have little to fear from the nature of his occupation, excepting of course, those who work among poisons and those whose occupation subjects them to special danger from accidents. In some occupations where statistics show the average length of life to be short, the cause lies in the associations rather than the occupation itself. The nature of their work and the character of their companions often lead irresolute, undecided persons into all sorts

of dissipated habits which ruin their health and end in premature death. For this reason many trades and professions are supposed to be injurious to health.

INFLUENCES OF ASSOCIATION.

It is said that every person who devotes himself arduously to his work, will in time come to resemble his employment. If he loves his work it will become almost a part of his nature. Those who engage in disreputable and criminal pursuits, become more vile and hardened year after year. Their grossness and vulgarity become more and more stamped upon their appearance until a keen observer can detect their guilt in their very looks and acts. An old law in Great Britain prohibited a butcher from sitting on a jury where the prisoner was on trial for life, thus recognizing the power of association with scenes of suffering and cruelty to harden and destroy the tenderer emotions of the heart. We therefore admonish all young people to shun such occupations as are degrading in their tendencies, for no person can follow such occupations, or associate with those who do follow them, without being degraded by them. By giving way to something a little against the conscience because it was remunerative, many a young man has been led downward until he does not scruple to do anything that will yield large returns. Very few will step at once into criminal and vicious occupations, but by the power of association they are dragged down step by step, until health, reputation and honor are all lost, and the words of the poet are verified:

"Vice is a monster of so frightful mien
As to be hated needs but to be seen;
But seen too oft, familiar with her face,
We first endure, then pity, then embrace."

Devotion to a useful and honorable calling, not only develops the faculties and strengthens the individual physically and mentally, but elevates the moral nature, lifts the mind above base and vicious designs, and fosters the sentiments of humanity, virtue and refinement. A life spent in useful and honorable employment is also more conducive to good health, and is more likely to reach a ripe old age than one passed in idleness, dissipation or a round of pleasure. Then let us labor to expand, ennoble and carefully cultivate our three-fold nature, that morally, intellectually and physically, we may every day approximate toward the perfection of manhood and womanhood. Instead of chasing the delusive phantoms of Pleasure, let us listen to the voice of Wisdom, for "her ways are ways of pleasantness, and all her paths are peace," and she will richly reward all who follow her.

THE INFLUENCES OF NATURE.

As example and association mould our thoughts and actions, and in a great measure direct the current of our lives, so also do the silent influences of nature leave their indelible impress upon our organizations. A bright beautiful scene will inspire noble and generous thoughts even in a depraved mind, and those who have learned to delight in

meditation upon the grandeur and sublimity of the universe and in silent communion with nature are seldom of a depraved or vicious character. Good companions exert a purifying, elevating influence, but the best companions are human, and their foibles and failings are likely to make as much impression on us as their good qualities. Those who follow nature can not be misled. To those who seek her often and commune with her, she imparts strength, vigor and elasticity for both mind and body. She pours out from all her varied treasure houses, earth, sea, air, mountain, lake, forest and stream, those invigorating exhilarating influences which refresh, strengthen and quicken the physical nature and inspire the soul. Far away from crowded cities, under the tuition of Nature, the best, the healthiest and most useful men of this generation, have laid the foundation of their success, by securing strong vigorous constitutions, and indelibly impressing upon their minds those principles of industry, and honor which are stamped on all of Nature's works.

THE QUALITY OF GREATNESS.

The ambitious should study well what greatness is, before they make costly sacrifices or assume dangerous risks. Many of the objects which men struggle to obtain are not worth the seeking, and too often a prize which has been sought long and eagerly turns to ashes in the possessor's grasp. In aiming at what is beyond our present reach we are in danger of losing those blessings which we already possess, and whatever ambitious projects we may entertain for life, we should zealously guard the portals of health and the sacred inner chambers of the heart and soul, lest some enemy should enter and "sow tares among the wheat" or steal away our richest treasures. When health is gone, contentment and happiness soon take their flight, and no other prize, however great will compensate for the irretrievable loss. It is the universal testimony of observation and experience that the happiest people in the world are those who cultivate a quiet contented spirit, enjoy good health and have just enough of the comforts of life to meet the demands and requirements of nature. Their names may not be trumpeted around the earth or handed down on the scroll of fame to future generations, but who shall say that they are not great? The influence of their cheerful happy lives will extend where their names have never been heard and will live long after they have accomplished their peaceful mission and laid down the burden of life in the happy fruition of a ripe old age. They shall serve their time by noble deeds that are none the less great because unrecorded here, and their healthy and virtuous posterity will be the strength and sinew of coming generations long after the pampered and sickly offspring of Wealth and Power have perished in oblivion.

SERENITY OF MIND.

Every position and every occupation has its own peculiar difficulties and disadvan-

tages, giving rise to daily perplexities and vexations, and there is nothing more conducive to good health and happiness than the habitual cultivation of patience and self-control in all the vicissitudes of life. Wrinkles, gray hairs and physical decrepitude will come soon enough without anticipating the ravages of time by borrowing trouble from the future, chafing against the order of inscrutable circumstances or fretting about misfortunes that wisdom and foresight might have prevented. Whatever a person's occupation may be he should endeavor to make it a part of his daily discipline to learn how to overcome calmly and quietly all the necessary vexations attendant upon his position, and to accept philosophically all inevitable disappointments. By persistently following such a course the cares of life will be lightened and its trials made less. By cultivating a cheerful, happy disposition he will be better enabled to endure the wear and tear of both physical and mental labor, and to withstand the ravages of disease and the decaying effects of time.

It is well not to expect too much of this uncertain existence. Those who look forward to a period when the current of life will run smoothly must be convinced sooner or later that such Utopian conditions are impossible. Their disappointment will be the greater when they find failure where they looked for success and sorrow where they had hoped for joy. Those who would enjoy good health, peace of mind and a hearty old age must not value this life beyond what it is worth. They should remember that at any hour their fondest hopes may be blighted and their most cherished calculations fall to the ground. The labors, the aspirations and the concentrated desires of a life-time may be swept away by one stroke of destiny, but such sorrows and disappointments are the inevitable lot of humanity and arraigning the Wisdom that governs the universe will not lighten care or avert the sorrows of the race. Happy, therefore, are all of those who look upon the conditions of life through the brightening, animating influence of cheerful happy hearts. Who gratefully accept the joys of human existence and philosophically endure its disappointments.

INORDINATE AMBITION.

The insane desire to accumulate wealth, ruins the health of thousands. Mammon is their only god and though he beckons them to the gloomy realm of Disease and Death they follow him with a blind unflinching devotion because he lights the way with the gilded phantom of Wealth. Absorbed with this one object they neglect the requirements of their physical existence, overtax mind and body and barter away the richest blessings of nature. Even after strength begins to fail and disease commences its work of destruction they will not spare a little time and a little money to regain health. They will argue that they can not afford to be doctored, persevere in their blind determination to hoard up wealth, deprive them-

selves of comfort and happiness till Nature, unable longer to endure the persistent outrage, inflicts the just penalty of her broken laws, and makes an end of their avaricious designs. Training and education are sadly misdirected if they fail to develop a just appreciation of the truth that the chief object of money is to contribute to health, comfort and happiness. If a sick man can not use his money to procure a remedy for his disease and to alleviate his sufferings his wealth is not of much benefit to him. If a hungry man can not use his money to buy food he might as well be penniless. Money is valueless except so far as it can be applied to relieve our wants and necessities, yet many do not seem to understand this, and while they have plenty of money will begrudge a few dollars to prevent or cure a disease, which if neglected, may some day force them to leave behind their idols of silver and gold and cross the dark river of death.

SUCCESS IN LIFE.

It is the ambition of every person to make a success in life, but there are many different opinions as to what constitutes success. Many men die leaving the world with the impression that they succeeded wonderfully, when in reality their lives have been most miserable failures. It is not always an evidence of success because a man accumulates a fortune and dies rich, nor is it evidence of failure because another man lives and dies poor. The poor man may have done more good in the world and enjoyed himself better than the rich man. There is no more lamentable illustration of a life failure than the career of the man who devotes all his energies to making money, who instead of enjoying the fruits of his labors, continually struggles for a "little more," thereby ruining both his health and his capacity for enjoyment, who lives an anxious fretful life and dies a premature death having accumulated a fortune without ever enjoying it. It is not so much a person's ability to turn his occupation to account in making large sums of money that constitutes success as his faculty for getting a large amount of enjoyment and doing a great deal of good with a moderate income.

TO PARENTS AND GUARDIANS,

The value of judicious training in moulding the moral and intellectual perceptions of the young is universally appreciated, but many seem to forget that early training also has its effects on the health and physical vigor of after life. The habits that are formed in childhood and youth, according as they are good or bad, are just as effective in breaking down or invigorating the physical organization as they are in vitiating or ennobling the moral qualities. In the proper and successful training of the young, these facts must be given due prominence for those who disregard them must inevitably suffer bitter consequences. Those young persons who are peculiarly arduous in the pursuit of knowledge should be especially warned of the danger there is in develop-

ing the mental powers in undue proportion to their physical endurance. Above all they should be impressed with the great principle that health should not be sacrificed for either money or power or even for knowledge.

SOCIETY.

Free social intercourse is essential to the highest development of humanity, yet the influences of modern society are not always of the most salutary character, as regards physical, mental or moral culture. We do not wish to decry the usages, habits, or tendencies of the times (because we believe that the world is gradually growing better, in spite of the new evils that occasionally spring up), yet it must be admitted that modern society is too often lacking in sincerity and genuine worth. Its effect is to give a superficial polish at the expense of a healthy mental and physical development. This results from the environments of fashion, from the influence of pride, selfishness, envy and other human faults and foibles. The love of praise and notoriety leads the votaries of fashion to put on an appearance of knowledge, virtue, refinement and other qualities which they do not possess. By thus shining before the public with ignorance and innumerable faults covered over by the gloss of fashion, they impress others with the idea that mere superficial show is of more consequence than intrinsic merit. This has been carried to such an extent that many look upon fashion and society as almost synonymous terms, while in fact, fashion, as the term is generally understood in these times, is not in any way essential to society, when society is what it should be. The proper object of society is human preservation and advancement, and not vulgar display of either learning, manners or dress. People should meet together for social enjoyment, for the interchange of thought and feeling, for mutual aid, sympathy and advice. These should be the predominant objects in view on entering society, and they should always be kept in mind. For these purposes

"Society, Friendship and Love
are divinely bestowed upon man."

It is not our intention either to denounce or belittle the art of dress, genteel manners or polite education; on the contrary these are among the accomplishments which we advise all to cultivate. In a previous article we have argued that everyone should aim to dress in a pleasing and attractive style. What we condemn is the setting aside of the true objects of social intercourse by a mere desire for frivolous and fashionable notoriety. Remember that dress, learning and manners should be worn modestly, to please and instruct, not to attain notoriety, excite envy or call forth vulgar praise.

THE ACQUISITION OF KNOWLEDGE.

The greatest defect of the ordinary methods of teaching, and of school systems in general, is that they fail to instill and develop self-knowledge—the most important part of practical education. The evidence of this is

seen on the one hand, in the multitudes of accomplished scholars who fail in their undertakings, never attaining any worthy or desirable end to make their lives a credit to themselves or a blessing to humanity, and on the other hand, in the brilliant success of thousands who have never enjoyed the advantages of what we commonly call education. Of what benefit can it be for a person to know all that he can know of the arts and sciences if he still remain ignorant in regard to himself? Such a person cannot reasonably hope to succeed, because while he is conversant with the elements of nature, the achievements of art and the conditions of society, he cannot compute his own inherent resources.

We desire the reader to understand that when we speak of self-knowledge, we do not mean a mere abstract comprehension of the human organization, including an understanding of physiological laws and the more abstruse theories concerning the operations of the mind, but a practical knowledge of the person's own individuality, the capabilities and weaknesses, the merits and defects of his own personal character. It is only by the aid of such knowledge that a person can adapt himself, successfully, to the conditions and circumstances of life. We think it safe to say that people are taught too much to imitate others, and too little to develop their own individuality. As a consequence many fail in trying to follow a business, occupation or mode of life for which they are not in any way adapted, and thus have to learn by costly experience what should have been a part of their early education. A person's desire to follow a particular occupation or profession, is not a proof that he is qualified for it by nature, unless he has been thoroughly trained to understand his own capabilities. As we have previously stated, circumstances may prevent a person from choosing the occupation that is most congenial, and for which he is best adapted, but if he has devoted the proper attention to the acquisition of self-knowledge, he will not attempt projects in which he must necessarily fail.

It is also an essential part of practical education to know what food to eat, what clothes to wear, what exercise to take and what habits of life to adopt, for as we have shown in the articles on hygiene, these things should be governed in a great measure by individual characteristics. Those who know themselves best in these respects can best preserve health, which is the most essential element of success and happiness.

MORAL TRAINING.

In conclusion let us say that moral principle is an important factor in the preservation of health, because it protects its possessor against those vices, dissipations and excesses which undermine the very foundations of physical vigor, inducing disease and premature death. Then let those who hope for a healthy and vigorous old age, follow temperance and virtue and cultivate contentment.

PARAGRAPHS.

MANY VALUABLE IDEAS IN RELATION TO
HEALTH AND BUSINESS, BRIEFLY
EXPRESSED.

Before closing this work we desire to place before our readers some additional thoughts in relation to our business, and in regard to health, training and the conduct of life, which we are sure, will repay careful consideration :

Enjoy the present; but not at the expense of the future.

The highest enjoyments are not inimical to good health and long life; but the indulgence of vulgar appetites and passions, brings on disease and death.

Beware of cultivating low desires and groveling appetites; for in this way the mind is incapacitated for higher enjoyments.

If you remember that the accumulation of wealth is not the chief end of life, it will conduce to your physical as well as your spiritual welfare.

Both the miser and the spendthrift do violence to the laws of nature and increase the risk of disease; the one by starving and overworking himself, and the other by dissipation and excesses.

It is a more desirable state to be poor with good health than to be rich without it.

A healthy man with an ordinary education is happier than the most cultured scholar with an invalid body.

The accumulation of property is a worthy object, but it should not be sought at the expense of health or integrity.

"Knowledge is power," but it should not be pursued to the extent of producing physical weakness.

We like to see people enjoy all pleasures and amusements that are not antagonistic to good health and good morals.

We do not ask to be judged by any standard other than the merits of our work.

Do not think that any physician can cure you unless you follow his directions and advice.

Unnecessary over-work ruins the health of thousands; but dissipation kills tens of thousands.

Good health should be valued above every other physical, individual consideration; yet it is seldom appreciated until disease supervenes.

A person who suffers with a lingering disease because he is too miserly to pay for treatment, deserves but little sympathy.

Those who spend their money in dissipations which ruin their health, should not expect us to furnish them treatment without compensation.

Both body and mind must have exercise to preserve the highest degree of health.

Cultivate a cheerful disposition; good health and a depressed, melancholy frame of mind cannot exist long together.

Never trust such an important interest as your health in the hands of irresponsible doctors.

We have a great and prosperous business,

and a good reputation; but we have worked for them.

Nearly all medical writers say that cleanliness prevents disease; we say this statement is wrong. Cleanliness does not *prevent* disease, but uncleanness of person and surroundings, *causes* and *conveys* disease.

Bathe to keep clean and not to preserve health or prevent disease. Excessive bathing is an injury instead of a benefit.

A good remedy for sleeplessness, is to take plenty of exercise and rise every morning as soon as you awake.

Preserve regular habits and regular hours if your circumstances and occupation will permit, but do not think that your health will be ruined if you do not rise and retire or have your meals at exactly the same hour every day.

The injunction, "be temperate in all things," does not mean that we should starve ourselves by a stingy use of those things that are necessary to bodily nourishment; neither does it give us liberty to indulge in those things that are injurious, even in small quantities.

No man has a right to practice medicine or surgery unless he can sympathize with human suffering.

What shall it profit a man—even in a worldly sense—if he gain millions of money and lose his health?

It is debilitating and injurious to the health to lie too much in bed.

Keep your temper in subjection. Fits of anger and vexation have a bad effect on the physical economy.

If you enjoy good health, learn to appreciate it by considering the afflictions of others.

If you are afflicted with disease, remember that the first duty you owe to yourself, to your friends and to the world, is to get cured, if you are still in a curable condition.

If you have friends who are afflicted, encourage them to strive and hope for a cure, instead of aggravating their condition by the gloomy opinion that they are incurable.

A hopeful mind is a great aid in overcoming any disease, and any person who tries to dampen an invalid's hopes of a cure, commits a most inhuman act.

Moral restraint is a safeguard against many physical ills.

For persons of sedentary habits there is no more healthful exercise than walking, and probably the reason it is not more generally appreciated is because it can be indulged in without expense.

It is more profitable to earn a dollar a day by judicious labor, than to make ten dollars a day by sacrificing your health.

It is better to have ten dollars to spend for temperate enjoyments, than to have ten thousand dollars for dissipation and excess.

A successful business is evidence that its manager is proficient in the knowledge that pertains to his calling.

Judge a physician by his work, and not by the opinions of those who by self interest, are prejudiced against him.

Our daily record is open to all the world in the patients whom we treat. By their evidence we wish to stand or fall.

If you are sick do not expect to be cured for nothing. A skillful physician's time is valuable, and must be paid for.

If you have a disease that has been rooting itself in your system for years, do not expect that you can be cured in a few days.

Parents have a great responsibility in rearing their children, not only in regard to their morals, but their health as well.

Many weary days and sleepless nights in the study of our profession in all its details, is the price we have paid for our success.

If all the disease that is the result of ignorance and neglect were removed, this world would be a much happier place than it is.

Whoever thinks our immense business has been built up without labor and skill, is not well posted in business and professional affairs.

Those who condemn us, do so through ignorance, or because we cure the sufferers out of whose afflictions they expect to make money.

Doctors and druggists are angry because we are reaping the reward of the arduous labor which we performed while they were living in indolent ease.

If a doctor believes that it is not professional to advertise, how many free puffs can he allow his friends to have published for him every year?

A conscientious, skillful physician is among the most valuable of public benefactors; an ignorant, dishonest one is the most dangerous of knaves.

We look for patronage among intelligent people, and not among the ignorant; therefore, we endeavor to enlighten the people in all matters relating to our profession.

Thousands of children grow up sickly or deformed, and are unwell all their lives, who might have been strong and healthy if they had had proper attention while young.

It is true that there are many quacks all over the country, swindling the people; and it is also true that there are more quacks in so-called regular practice than out of it.

Without good health, a person is a burden, both to himself and to his friends, and his life may generally be considered a failure. For such a one to pass by the means of cure, when they are within his reach, is criminal neglect.

We know the benefits of advertising; but we know, too, that advertising alone will not build up or maintain a prosperous business. It is merit that makes a permanent reputation.

"Fools rush in where angels fear to tread," and self-conceited ignoramus will attempt to perform operations that the most skillful surgeons would shrink from, until driven to them as a last resort.

If any physician tells you that he can cure a long-standing disease in two or three weeks, you may be assured that he neither knows nor cares anything about your case, and only wants your money.

Long experience in the presence of suffering makes the indifferent man more indifferent still; but it rouses the man of finer feelings to strive more earnestly to discover ways and means to alleviate the misery with which he comes in daily contact.

If every regular physician would warn the people against the vices that sap the foundations of health, as faithfully as we do, the ravages of disease would be checked in a measure, and the asylums for the insane would be half empty instead of overflowing.

The practice of medicine cannot much longer be governed by an arbitrary "*Code Ethica*," for the benefit of certain classes of physicians. The object of medicine and surgery is not the aggrandizement of the practitioners, but the benefit and cure of the sufferers.

We are not cheap doctors. Our surgeons command high salaries, and good remedies are expensive. But we save all we can for our patients. We put up our own prescriptions, and thereby save them the druggists' profits. And we only change their prescriptions when it is necessary.

The man who is firmest in his convictions of right, is the one who has reasoned with himself in regard to the truth; the man who is most tenacious of error, is the one whose mind accepts error without a reason; and those who are most bitterly opposed to us are the ones who have never inquired into our principles.

Life and health are both uncertain. No one can tell how soon a healthy person may be prostrated with a dangerous or even a fatal disease. How absurd then are the pretensions of those doctors who claim to guarantee that a sick person will be well at the expiration of a certain time, if he takes their medicines!

Some persons try to "bully" or bravado a disease or ill-feeling. They neither rest, to give nature a chance, nor take remedies to aid nature. They attempt to work it off or wear it out. Human beings should have at least as much sense as a dog. When a dog is sick he will eat a little grass, as medicine, and lie down until he is well.

It may seem very enterprising and patriotic for a person afflicted with a difficult and dangerous chronic disease, to take treatment of local physicians (although they know nothing about his case) on the principle of patronizing home institutions; but when he has spent a few hundred dollars, and finds himself worse than before, he will begin to feel that there is but little satisfaction in such a course.

When you hear doctors or druggists condemning us as quacks, you may be assured that, whatever they try to make others believe, they are satisfied themselves that we are doing a successful business, and gaining the good will of the people. If we were the worthless quacks they represent us to be, they would not trouble themselves about us. It is because we cure the sick and thus diminish their source of revenue, that they are jealous of us.

PLAGIARISTS AND IMITATORS.

In the preparation of this work we have endeavored to furnish the people with valuable practical information in regard to the restoration and preservation of health. We have used plain language, avoiding technical terms and superfluous verbiage as much as possible; we have also condensed the articles and used small type in order to furnish the greatest amount of information for the lowest price compatible with plain, readable printing. And now in sending forth the book we have the most sanguine hopes that it will accomplish a mission of usefulness and true benevolence. To weary, worn-out sufferers, who have not passed entirely beyond the reach of human aid, it will appear as a welcome messenger, with the offer of speedy relief. To the fortunate ones who have never experienced the pains and discomforts of ill-health, it will, if carefully studied, furnish a rich store of knowledge concerning the laws of the human organization and the causes of disease, that will enable them to avert those bodily calamities which have overtaken others as the result of violated nature. We have spent no little time and study in its preparation, and it embodies many of the results of years of unremitting toil. No intelligent person can read it carefully without benefit, and the well may profit as much from its perusal as the sick. The idea that healthy people need no medical advice is a common and dangerous fallacy; yet it is a fallacy that many medical pretenders of the so-called regular schools love to propagate, because it makes more sick people, and thus increases their business. We do not desire to keep the people in ignorance on this most important of all subjects connected with worldly affairs. We know that we have already accomplished a great good, and one-tenth of all the expressions of gratitude that have been showered upon us by those whom we have saved from the torments of diseases that make life a burden, would amply repay us for all the abuse we have suffered at the instigation of a few ignorant, jealous doctors, and furnish ample encouragement for us to continue to prosecute, with untiring zeal, the great work of preventing and relieving human suffering, which we have so successfully begun.

Perfect health is the greatest blessing that a person can enjoy in this world, while permanent and deep-rooted disease is the greatest calamity that can befall him. For man to remain ignorant of the nature and requirements of his physical organization, is to invite the insidious approaches of disorders that will poison the fountains of health and lay the foundations of a wasted life.

PLAGIARISTS.

We deem it our duty to warn the public against a certain class of doctors who seek to maintain a spurious reputation by copying and appropriating our publications and advertisements. Before proceeding, however, let us make open acknowledgment of the high tribute paid us by these gentlemen in

their public recognition of our superiority. The adoption of our plans and methods, and the appropriation of our articles, is the most flattering compliment that any doctor can bestow upon us. It is an indisputable evidence of well-grounded confidence in our superior skill as physicians, our knowledge of all that pertains to our profession, and our practical ability as business men. Yet we object to it, because it is liable to mislead the people. A doctor who is too ignorant, has too little intelligence, or is too lazy to write his own advertisements, is certainly not qualified to treat the sick. Such doctors do not deserve any more patronage than they can get by their own exertions, and we do not wish to have anything we have ever written, so used or appropriated as to encourage people to go to them—not because we have any ill-feelings toward the doctors, but because we have a desire for the good of the suffering.

Our publications cost us time and study. Every article is carefully written in plain language, and with a strict regard for truth. We endeavor to enlighten the people in all matters pertaining to health, and tell the sick where they can be cured. We live up to our advertisements, and all that we promise, we perform. If the doctors who copy from us, had all the advantages that we have, and could treat their patients as successfully as we can, we would not have so much reason to find fault, because in that case they would only be stealing from us. As it is, they not only steal from us, but they use what they steal for the purpose of deceiving and defrauding the public. The facts which we publish concerning our business, are no longer facts when applied to some inferior business. Therefore, these plagiarists are public frauds as well as private robbers.

We have no doubt that the doctors above referred to, could spare time enough from their practice to write their own advertisements, if they would only infuse a little energy into their work. If they are not capable of writing an article, they can surely hire a penny-a-liner, who can write notices good enough for their business.

BEWARE OF ALL IMITATORS.

The success of our New Method Cure has induced many doctors in various localities to imitate our system of business. The contemplation of the immense practice which we have established, appears to dazzle the minds of visionary persons, until they think they have only to adopt our plans to attain similar success. Like all other impractical persons, these men do not consider the years of study and labor, the vast extent of business and professional ability, and the thousands, yes, hundreds of thousands of dollars that have been expended in bringing our system and establishment to their present state of perfection. These imitators, who expect to attain suddenly, what has cost us the efforts of a life time, have neither the capital, the ability or the experience necessary to success, and we warn invalids not to be deceived by them.

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THE EXTENT AND SUCCESS OF OUR BUSINESS.

Ours is the largest medical and surgical establishment in the world, devoted exclusively to the scientific treatment of chronic diseases and deformities of men, women and children. There is but one other that attempts to rival or compete in the thoroughness of outfit and the necessary means and facilities for conducting an extensive practice, and that was organized and maintained as a tail to a patent medicine kite. But the original and largest is not a patent medicine concern; it is a combination of educated physicians and surgeons, each one of whom has had a long and successful experience in the department of practice to which he is assigned. This establishment is known all over the American continent as The Drs. K & K Surgeons, Prof. J. C. Kennedy M. D., Principal. More skill is employed, more cases treated and more cures are effected by them than by any other combination of medical and surgical experts in the world. Their unparalleled success in curing diseases that had been pronounced hopelessly incurable, has provoked the envy and developed the combined opposition of the ethical doctors and general practitioners. While the magnitude of their practice, and the excellence and originality of their publications has encouraged and brought forth as imitators an interminable horde of irresponsible, ignorant and dishonest jugglers in quackery, many of whom claim to have been associated with or employed by Dr. J. C. Kennedy. They plagiarize, adapt or imitate his treatises, illustrations and reports of cases cured; they swindle printers, publishers, druggists and business people by contracting debts that they never can and never try to pay; they swindle the afflicted by claiming experience that they never had, and skill and facilities that they do not possess; thus bringing into disrepute a special practice, which, if honorably and skillfully conducted, would be a blessing to invalids and a benefit to science and business enterprise in general. The three office outfits of The Drs. K & K Surgeons, including medical instruments and appliances, cost thousands of dollars. An average of about seventy persons are constantly employed, and over \$50,000 are paid out annually for printing and supplies. The extent of their business and success is set forth in the report for the year ending December 31st, 1886.

The following will show the number of persons that consulted The Drs. K & K Surgeons (Dr. J. C. Kennedy Principal) by mail and at the three offices during the year 1886; the number rejected as incurable, or as not requiring treatment; the number reporting cured; the number discontinuing before cured; the number claiming not to have been benefited by the treatment; the number who died during the year, either while under or after treatment, the number under the New Method treatment January 1st, 1887.

	We treat all chronic diseases and deformities at the office or by correspondence.		The total No. of persons that consulted us at the office and by mail in 1886.		No. rejected as incurable, or as not requiring treatment during the year 1886.		No. treated at the offices and by mail and express during the year 1886.		No. reporting themselves cured by the New Method during the year 1886.		Total No. treated at the three offices during the year 1886.		No. treated by mail and express from the three offices during the year 1886.		No. not reporting, or discontinuing before cured.		No. claiming no benefit from treatment.		No. that died during 1886.		No. under treatment Jan. 1st, 1887.	
Eye and Ear (Blindness and Deafness),	1114	334	397	264	156	241	27	7	99													
Catarrah, Throat Diseases,	3862	891	1218	845	323	895	54	3	309													
Lung Diseases, Consumption,	2919	1225	1011	714	370	641	71	12	16	198												
Asthma, Difficult Breathing,	563	162	108	64	41	67	8	2	1	33												
Bronchitis, Hoarse Cough,	2468	497	1149	802	364	785	69	12	2	264												
Heart Disease (our specialty),	812	29	517	371	201	316	3	1	142													
Dyspepsia, Liver Spleen, Bowels,	5028	219	1441	960	459	982	97	14	2	368												
Piles and Rectal Diseases,	1617	121	346	284	109	237	7	2	53													
Hernias, Ruptures,	1326	41	811	521	223	588	14		276													
Kidneys, Bladder Renal Tract,	1872	743	539	402	212	327	11	3	1	122												
Blood and Skin Diseases,	1121	318	439	330	167	272	7	2	1	99												
Scrofula, Tumors, Cancers,	624	117	304	201	72	232	4	3	1	95												
Dropsy, Bloating,	421	98	291	213	81	210	8	2	1	67												
Deformities, Bone Diseases,	890	131	194	106	53	141	9	2	1	76												
Sciatica, Neuralgia, Headache,	1339	14	1008	831	295	713	19	4	154													
Rheumatism, Stiff, Enlarged Joints,	818	228	315	194	121	194	29	3	89													
Paralysis, Wasted Limbs,	620	114	246	181	102	144	6	2	1	56												
Worms, Tape, Pin, Intestinal,	1263		592	489	228	364	13		90													
Children, Aged 1 mo. to 12 years,	931	421	417	282	201	216	16	3	2	114												
Youthful Errors, Self Abuse,	4827	191	1123	826	321	802	94	4	199													
Female Weakness, Displacement,	1028	46	524	406	201	323	17	2	99													
Leucorrhoea, Ulceration, etc.,	1302	94	632	432	221	411	34	6	160													
Barrenness, Sexual Indifference,	1029	201	263	141	92	171	26	9	87													
Nervous Prostration, Impotence,	1424	97	871	562	368	503	31	4	274													
All Other Diseases and Injuries,	4105	1132	1481	917	580	901	83	41	429													

Total No. that consulted us during 1886.....43293

Rejected as incurable or not requiring treatment during the year 1886.....7464

Total No. treated during 1886.....16237

No. reporting themselves cured, 1886.....11338

No. treated at the three offices, 1886.....5561

No. surgical operations performed, 1886.....213

No. treated by mail and express from the three offices during 1886.....10676

Quit treatment before cured, 1886.....757

No. claiming no benefit from treatment 148

No. who died after ordering treatment 42

No. under treatment Jan. 1st, 1887.....3952

Twenty-six doctors constantly employed.

The above statement is true, and we are ready to verify it to the satisfaction of any honest investigator, by the records and reports in our offices. We court investigation, and are ever ready to verify our assertions. We do not and never did claim to be able to cure everybody and every disease. We claim to give honest and candid opinions, to make reasonable charges and to faithfully earn every dollar paid to us. We cure after others fail, because we have more and better facilities and experience than any other doctors or medical establishment in the world. Our dispensary contains every active and efficient remedy. We have at hand every useful and desirable instrument. We try harder to cure than others, hence we do cure after others fail.

Consultations, in person at the office, or by mail are free to all. If it is not convenient for you to visit either of our offices write a description of your condition according to instructions on page 4, and in reply we will give our candid opinion, together with all necessary information in regard to the application of our New Method Cure.

OPINIONS OF THE PRESS.

It is a source of gratification to the afflicted to know that there are some doctors who do not follow the old, beaten tracks of failure and disappointment, or resort to the use of nostrums, expedients, instruments and appliances that were justly relegated to oblivion in ages past. Dr. J. C. Kennedy's New Method treatment is the outgrowth of long years of experience in the treatment of chronic diseases. It is not an exploded theory resuscitated from the buried relics of the past, but the development of true progress, evolved by unremitting study and research in the field of medical science. It cures when all the old methods fail, and whatever cures is the acme of medical skill. —*Detroit Tribune*, June 9, 1886.

A scientific New Method treatment has been quietly under process of development in this city, Detroit, Mich., and Louisville, Ky., for the past four years, and is now so far perfected that some wonderful results have been accomplished. So many achievements have been made of late years in various branches of science, that well-informed people have almost ceased to be astonished at anything new or strange; yet when a new discovery is made in the treatment of disease, it creates the most profound attention, because it involves the highest interests of the human family, and because progress in this direction has been most provokingly slow in comparison with other sciences. —*Cincinnati Evening Post*, June 16, 1886.

The Drs. K & K Surgeons differ from the so-called "regulars" in that they adopt whatever means will cure, regardless of its origin, instead of blindly following old theories, dignified by the name of "authority"; advertise in the newspapers and pay for it instead of driving fast horses, cutting a swell in society or employing "cappers" and "steerers" to catch patients; consider all critical cases at the meetings of their medical council without extra charge, instead of swindling their patients by consultation fees; and, treat the poor free or for a nominal price when the circumstances will justify them in doing so. These enterprising surgeons, whose skill has been proved by success, have thousands of the highest recommendations. Their patients come to them after all the other doctors have tried and failed, and of course, such cases are usually obstinate, yet the New Method cures them. —*Louisville Courier-Journal*.

The New Method treatment as originated by Dr. J. C. Kennedy, and practiced by him and The Drs. K & K Surgeons, at his Detroit, Cincinnati and Louisville offices, has been a blessing to invalids in general, and to women and children in particular. No torturing instruments are ever used, and no harsh or unpleasant treatment is ever resorted to. Dr. J. C. Kennedy feels justly proud of the fact that he has restored health to thousands of feeble invalid children; all the little ones that he treats soon learn to like him. Children generally fear doctors, and they have just cause to do so, because in nine cases out of ten a doctor is a child's worst enemy; hence it is that children instinctively hate and fear doctors. —*Detroit Free Press*.

The New Method treatment, originated, perfected and practiced by Dr. J. C. Kennedy and his congress of skilled and expert assistant physicians and surgeons, it is safe to say, is destined to bring love, joy and peace to many families. Under the influence of this treatment the blood is purified and the circulation is equalized. Tumors disappear, sores, ulcers and abscesses heal, and the coarse, tan-freckled and pimpled skin becomes clear and beautiful. Torpid organs are aroused to vigorous action, the bowels become regular, the digestion good, the weak and debilitated become strong and vigorous, pains and aches disappear and the spirits become buoyant. —*Cincinnati Commercial-Gazette*.

Dr. Kennedy, who is at the head of The Drs. K & K Surgeons, is so courteous and gentlemanly in his bearing that all who call are made to feel at ease, and are sure to secure an intelligent and interesting analysis of their cases. With him there is no groping in the dark. He always knows just what he is talking about, and shows you that he does. It is a pleasure to meet and converse with such a man, and all who meet him bear us out in this assertion. —*Cincinnati Times-Star*.

Dr. J. C. Kennedy, Principal of The Drs. K & K Surgeons, had more practice than he could attend to, so he began to hire assistants. His business continued to increase, and he continued to increase his staff of professional assistants until he now employs in the different divisions of his establishment, 26 skilled surgeons, men of education and experience, whose skill is proved by their unprecedented success in the respective departments of practice to which they have been assigned. —*St. Louis Globe-Democrat*.

The unprecedented success of the New Method treatment, as originated, perfected and practiced by Dr. J. C. Kennedy and his skilled assistant co-workers, in the treatment of all kinds of difficult chronic diseases and deformities, is rapidly causing a revolution of public opinion in regard to some important questions relating to the practice of medicine. Many who were once bitterly opposed to anything that did not strictly correspond with an antiquated system of professional ethics, are now seeking the New Method treatment for relief from diseases which their former professional advisers do not seem to understand and cannot cure. During the past year, not only large numbers of people, but many physicians have availed themselves of the New Method treatment for many special maladies in which the old systems of practice have proved absolute failures. —*Cin. Evening Telegram*.

The practice of medicine does not deserve the name of science when followed in a haphazard way. But a better way has been inaugurated. The New Method treatment is based on positive knowledge. Its success does not consist in providing a long list of valuable remedies for every disease, but in furnishing each patient with the remedy that is suited to his particular condition, and which is positively known to be effectual, in giving the proper remedy at first and adhering to it until the cure is complete. —*Cincinnati Enquirer*.

Dr. Kennedy is known and recognized as an unerring diagnostician. His long and successful experience, his familiarity with the effects of diet, exercise, climates and the habits of life as curative or palliative agents, make his examinations and instructions peculiarly valuable to invalids of every age and sex. Those who consult him can depend upon an honest and candid opinion. —*Christian Standard, Cincinnati*.

Dr. Kennedy has long been conceded to possess an almost absolute mastery of pathological science, as applied to the true diagnosis of diseases, and his career, both in this state and Ohio, has been one of unusual professional success. —*Detroit Free Press*.

For over 25 years Dr. J. C. Kennedy, Principal of The Drs. K & K Surgeons, has been known throughout the state of Ohio as the original and most successful specialist. He has treated and cured many prominent ladies and gentlemen in Cleveland, and his offices are always crowded with patients. —*Cleveland Herald*.

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